

What Do Your Cravings Mean and How To Conquer Them



You May Have Micronutrient Deficiencies. Consider This...

Craving This	Reason	Restore With
Cheese	Essential Fatty Acids Deficiency Calcium deficiency	Omega 3's (EPA and DHA)– Flax oil, ground flaxseeds, chia seeds, walnuts Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens
Pasta, white bread, pastries	Chromium deficiency	Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato
Bread and toast	Nitrogen deficiency	Foods containing proteins, i.e. Green leafy veg, nuts, seeds, legumes, grains
Red meat	Iron deficiency	Beans, legumes, un-sulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption
Popcorn	Stress hormone fluctuations	Meditation, breathing exercises, exercise, leafy greens, vitamins B and C
Crispiness and Crunchiness	Chloride deficiency Essential Fatty Acids (EFA's)	Celery, olives, tomato, kelp, Himalayan sea salt Omega 3's (EPA and DHA)– Flax oil, ground flaxseeds, chia seeds, walnuts
Burned Food	Carbon deficiency	Fresh fruits
Salty Foods	Chloride deficiency Stress hormone fluctuations	Celery, olives, tomato, kelp, Himalayan sea salt Meditation, breathing exercises, exercise, leafy greens, vitamins B and C

Chocolate	Magnesium deficiency	Raw cacao, whole grains, beans, nuts, seeds, greens, fruit, magnesium
Soda/Carbonated drinks	Calcium deficiency	Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens
Sweets	Tryptophan deficiency	Fruit, high fiber foods (beans, legumes), complex carbs (grains), chromium (cinnamon)
	Chromium deficiency	Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato
	Sulphur deficiency	Cruciferous vegetables (kale, cabbage, etc), cranberries, horseradish, asparagus, carob powder, garlic, onion
Sweets	Phosphorus deficiency	Whole grains, pinto beans, pumpkin seeds, brazil nuts, lentils
Coffee or Black Tea	Iron deficiency	Cruciferous vegetables (kale, cabbage, etc), cranberries, horseradish, asparagus, carob powder, garlic, onion
	NaCl (salt) deficiency	Himalayan sea salt, Apple Cider vinegar, kombucha
	Phosphorous deficiency	Whole grains, pinto beans, pumpkin seeds, brazil nuts, lentils

The Cellular Micronutrient Assay can be a helpful tool in taking personalized nutrition to the next level. The effects of chronic micronutrient imbalances, though incredibly common, are often subtle or left unaddressed if the cause cannot be found through traditional labs. Immediate benefits of adequate micronutrient nutrition may include a reduction in symptoms and an improvement in quality of life. The effects can also be far-reaching, potentially affecting risk for chronic health concerns over time and impacting future generations' health through direct and epigenetic impacts during the pre-conception through early life periods.

Think you may have a micronutrient deficiency? Stop guessing and get answers.

Call or Text Jeannie Peck at Health by Design at 717-556-8103 to order your micronutrient test.
