

# Listen to Your Body

Have you listened to your body lately? It can give you insight into what it needs to help restore balance and health. Learn to listen to what your body tells you.

Do you crave sweets, sugary foods and fruit to increase your energy?

Are you often moody and irritable, and feel fatigued with low stamina, often blaming “getting older” as the reason for your reduced energy and desire for sweets? You may have a vitamin B complex deficiency. Eating refined foods high in sugar can decrease vitamin B reserves in the body. The body uses B vitamins to metabolize sugars. Without sufficient B vitamins the body can become more sugar sensitive, resulting in hypoglycemia and pre-diabetes. Minerals, like chromium, as well as digestive enzymes, are also needed to metabolize sugars. A sugar free diet with whole food nutrition can help increase energy and result in weight loss.

Do you have chronic sinus issues, digestive issues or allergies and asthma?

If you have these issues, you may have hidden food allergies. The most common food allergen is milk protein – casein. The second most common food allergen is gluten. The highest gluten grains are wheat, rye and barley. If avoiding dairy or wheat for a week results in a reduction of symptoms, suspect a dairy or gluten sensitivity. Food allergies often develop when there are deficiencies in minerals and digestive enzymes.

Do you experience headaches that are worse in the morning, fatigue, unwanted weight gain, poor memory and emotional upsets for no reason?



You might have a thyroid insufficiency. The thyroid gland needs adequate amounts of iodine to make hormones. Iodine is also needed by every cell in your body to help keep cell membranes strong. Dulse and kelp, not commonly consumed in the US, are the highest food sources of iodine. The adrenals also need to be working well in order for the thyroid to convert its hormones. A nutritional deficiency of minerals can result in a hormonal imbalance between the thyroid and the adrenals.

Do you have fatigue, difficulty staying asleep, back pain, a desire to eat salty foods, or do you feel stressed or unhappy? You might have weak adrenal glands. The adrenal glands are involved in energy production, rest and relaxation, stress handling, bone production, food metabolism and many other body processes. The adrenals require different minerals in order to make the 50 different hormones that are needed by the body. Long term stress and mineral deficiencies can result in poor adrenal function and hormone imbalance. Feed your adrenals by eating some high mineral foods like dulse, kelp, swiss chard, ripe olives and celery.

Do you have PMS, restlessness, muscle cramps, frequent colds or brittle fingernails? You have a need for calcium and vitamins. Vitamins A, C and D are needed for calcium absorption. Calcium is the body’s most abundant mineral. A calcium deficiency results from a diet high in phosphorus from eating refined

foods and drinking pop or soda. Processed foods, chocolate and spinach interfere with calcium absorption. A dietary change can help. Some food sources to feed your body calcium include sesame seeds, organic kelp, greens, broccoli, almonds, walnuts and sunflower seeds.

Do you have tight muscles, insomnia, indigestion, fatigue or irritability? You have a calcium/magnesium imbalance as part of a mineral deficiency. Calcium is added to many foods, while magnesium is not. Calcium, phosphorus and vitamin D influence magnesium absorption. Magnesium helps metabolize fats in the diet. Women often crave chocolate because the magnesium content in chocolate helps create a sense of relaxation. A diet that consists of refined foods will cause a nutrient deficiency, including magnesium. Mixed greens, pumpkin seeds, nuts, beans, seeds, spinach and some fish are food sources of magnesium.

Restore your health with the genuine replacement parts found in food. A simple diet and lifestyle review can easily identify simple changes that can improve your health. Consult an alternative holistic wellness provider, knowledgeable in nutrition for a dietary and nutritional analysis. Help your body regain its health with a diet of real food and whole food nutrition.

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She has been in practice for over 24 years, with specialized training in nutrition & diet modification, weight loss, gentle chiropractic, stress reduction, natural hormone therapy, detoxification, homeopathy, and acupuncture.

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