

Drop a few pounds with  
Weight Control Naturally  
We will start momentarily



### Causes of Cravings

- Food allergies
- Emotional connections
- Blood sugar or adrenaline levels
- Neurotransmitters
- Yeast overgrowth
- Parasites
- Dehydration
- Lacking a nutrient

Craving	Deficiency or Condition	Nutrient Source or Suggestions
All Food (general hunger)	Poor digestion or severely toxic bowel	Food Enzymes, PDA or Noni, blood sugar imbalance or severe mineral imbalance.

Craving	Deficiency or Condition	Nutrient Source or Suggestions
More than a good appetite	Multi-mineral deficiency	Colloidal Minerals, Spirulina

Craving	Deficiency or Condition	Nutrient Source or Suggestions
Chocolate	Magnesium	Best to use <a href="#">Magnesium</a> supplement.

Accompanying symptoms: Heart fluttering, upper legs or buttocks cool to the touch

Craving	Deficiency or Condition	Nutrient Source or Suggestions
Fats	Sulfur or Fatty acids	Onions, garlic, Irish Moss or Evening Primrose Oil, Super Omega 3 oils

Accompanying symptoms: Cellulite anywhere in the body

Craving	Deficiency or Condition	Nutrient Source or Suggestions
Milk and Dairy	Calcium	Organic Greens, Bonemeal, Comfrey

Accompanying symptoms: PMS headaches, weak lower back

Craving	Deficiency or Condition	Nutrient Source or Suggestions
Salt	Iodine	Kelp, Thyroid Activator

Accompanying symptoms: Goiter, weight gain, low body temperature

Craving	Deficiency or Condition	Nutrient Source or Suggestions
Potato Chips	Potassium	Parsley, Potassium combo, Kelp

Accompanying symptoms: Charlie horse, edema, angina

Craving	Deficiency or Condition	Nutrient Source or Suggestions
Sweets	Chromium	GTF Chromium or Red Clover tops

Accompanying symptom: Blood sugar imbalance

Craving	Deficiency or Condition	Nutrient Source or Suggestions
Breads and carbs	Low Blood Sugar	Diet high in proteins, cut out all simple carbs