

THE #1 TECHNIQUE FOR DEALING WITH FOOD CRAVINGS

This is Dr. Brian Alman of TruSage (www.trusage.com) and today we are going to explore #1 technique for dealing with food cravings.

The Reality of Food Cravings

It's 4pm. Your workday is almost done. You're not really hungry, but like yesterday, about the same time, you got a craving for some chocolate. So you head over to the vending machine, drop in a few coins and just like that, your well-intentioned efforts to eat healthy have been foiled – again.

Don't worry, you're not alone. Whether your personal vice is chocolate, candy, potato chips or other foods heavy in sugars and carbohydrates, the bottom line is we usually don't crave foods that are good for us.

Food cravings can be attributed to a few common triggers, such as stress, depression and lack of sleep. We turn to these comfort foods because we associate them with pleasant feelings and then we tend to overindulge in them. But just as we've learned to associate these not-so-healthy snacks with comfort, we can also retrain our minds and learn to overcome food cravings altogether.

Overcoming Food Cravings (and Many Other Challenges While You're At It)

How great would it be to have an easy coping strategy to deal with the challenges inherent in trying to lose weight? To deal with food cravings, deal with nighttime cravings, deal with the stress that leads to cravings, and to overcome whatever personal challenges you may have in this process.

Because feelings and emotions can be complex and hard to pin down, it takes a very specific method to be able to confront them and overcome them, and furthermore, not let them lead you to cravings. And the gift you'll get today is just that: a specific technique to get you over the cravings hump.

It's as Easy as 1-2-3

What I want you to do now is relax your mind and get ready to use your imagination. Are you ready for Number One? Okay, let's start with imagining that you're watching the movie of your life. It doesn't matter if you see it, feel it or just think about it. It doesn't matter if you like the idea of a stage play, an outdoor theatre, or an indoor theatre, just imagine watching your life in one of these venues. What you're watching is the scene in the movie where you're learning how to lose weight and keep it off forever. In this same scene, you're learning how to deal with the challenges, such as cravings and stress.

How does your character feel? What is he or she thinking about? That's Number One – what you think about your current weight loss status. Go ahead and describe it to yourself.

Let's move on to Number Two: You're in the same theatre and you're sitting in the 15th row. Let me tell you something about the 15th row – it's the critic row, the judge, the skeptic, the doubter, the perfectionist that's never satisfied. From the 15th row perspective, what do you think and feel about the movie? What are your thoughts on how you're doing with losing weight and keeping it off? Again, describe it to yourself. This is your chance to be extra critical and judgmental, because you're not going to stay here for very long. That's Number Two.

Time for Number Three. In this third step, you're learning how to go from the 15th row all the way back to the last row. What's unique about sitting in the last row is that this is the perspective that accepts and understands the 15th row critic. You accept that the perfectionist has always been there, and that's okay. The last row sees the movie with more friendly, caring and compassionate eyes. This is your inner TruSage and this is always where you want to end up. That's Number Three.

So you want to go 1-2-3: Starting with what's happening in the movie and expressing how you feel about that, to then experiencing the 15th row critic and expressing that, to the last row. HINT: A shortcut to the last row is using the many breathing and relaxation techniques you have learned thus far – accepting your breathing as it is, focusing on the turning points, using colors, your name, Please Relax, and so on.

The most important takeaway is that whenever it comes down to dealing with cravings or stress, or taking A+ care of yourself, you want to end up in the last row. Practice going from 1-to-2-to-3 to the best of your ability. As you begin to get the hang of it, going from 1-to-2-to-3 will become more and more automatic. Hey, just remember, it's as easy as 1, 2, 3.

Thank you for opening yourself up to your inner TruSage!

Dr. Brian Alman

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