



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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To Diminish Cravings For:	The Food Must Be:	Eat More:	Eat Less:	Substitute:	Nutrients to add:
Sugar: (cakes, cookies, pastries, candy, ice cream)	Eliminated	Whole grains; baked yams, squash, apples, dates; cooked fruit; proteins, beans, flax oil, coconut oil	Red meat, salt, dairy products	Frozen bananas (for ice cream); desserts sweetened with barley malt, rice syrup, maple syrup Jerusalem artichokes (Sunchoke)	Magnesium; chromium; B complex; Gymnena sylvestre; zinc; vanadium
Alcohol	Diminished or eliminated	Complex Carbohydrates, vegetables, corn, leafy bitter greens; grape juice; fresh lemon in water	Fats, salt, miso, soy sauce, animal protein	Nonalcoholic beer or wine, fruit juices, sparkling water, herbal teas, stevia	B complex; chromium; L-glutamine; magnesium
Coffee	Eliminated	Vegetables, salad, fresh vegetable juice	Meat, sugar, flour, grains, salt	Herbal or grain beverages: grain coffee, Postum, Roma, Inca; herbal tea, Teechino	B complex; multivitamin/mineral; magnesium
Chocolate	Eliminated	Dark leafy greens, vegetables, salad	Pastries, meat, sugar, flour, grains, salt	Carob chips, carob coated raisins	B complex; multivitamin/mineral; magnesium
Soda Pop	Eliminated	Fresh lemon water & fresh vegetable juice; salad; protein	Acid forming foods: meat, sugar, flour, grains, salt	Mineral water with lemon, lime or fruit juice; herbal or grain beverages: grain coffee, Postum, Roma, Inca, herbal tea, Teechino	Chromium; B complex; multivitamin/mineral; magnesium
Salt	Diminished	Seaweed, black beans, vegetables, grapefruit	Sweets, fats, alcohol, meat, grains	Natural soy sauce, miso (small amounts), herbs and spices	Potassium; magnesium; multimineral
Milk Products	Diminished greatly or eliminated	Leafy greens, whole grains, beans, fish	Sugar, baked goods, fruit, meat	Tofu (small amounts), nut milk, oat milk, rice milk; soy, rice, or almond cheese	Magnesium; calcium
Bad Fats: fast food; fried food; pastries; cookies; pies	Eliminated	Fish, chicken, eggs; seeds & nuts; flaxseed oil, olive oil, coconut oil (unrefined)	Trans fats; hydrogenated fats/oils (whole or partial); shortening, fried foods, pies, cakes, pastries, cookies	Protein powder blended into rice, soy, almond, or oat milk with flax, walnut, or coconut oil (unrefined)	Essential fatty acids: flax seed oil; fish oil – EPA-DHA

Author unknown