

Food Cravings

Food Cravings

Written by Colleen Huber, NMD

Monday, 01 September 2008 00:00 - Last Updated Wednesday, 05 February 2014 09:44

Oily Snacks, Fatty Foods
Coffee or Tea

Calcium

Mustard and turnip greens, broccoli, kale, legumes

Phosphorus

Phosphorus

Sodium Chloride (salt)

Iron

Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes

Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables

Sea salt, apple cider vinegar (on salad)

Meat, fish and poultry, seaweed, greens, black cherries

Alcohol, Recreational Drugs

Protein

Food Cravings

Written by Colleen Huber, NMD

Monday, 01 September 2008 00:00 - Last Updated Wednesday, 05 February 2014 09:44

Avenin

Calcium

Glutamine

Potassium

Food Cravings

Written by Colleen Huber, NMD

Monday, 01 September 2008 00:00 - Last Updated Wednesday, 05 February 2014 09:44

Acid foods

Food Cravings

Written by Colleen Huber, NMD