

I CRAVE

WHY?

Salty Foods



Adrenal stress, low NA
relative to K, Fluid and
electrolyte imbalance

Chocolate



Magnesium depletion
high stress, blood
sugar instability

Sugary Foods



Blood sugar instability,
nutrient depletion,
yeast/dysbiosis

Chewing Ice



Iron dysregulation,
low oxygen delivery,
mineral depletion

Read more at our blog on how to support