

Emotional Eating



Ever wonder why you love a particular food and then binge on it? Mine is saltines. I can eat a whole pack mindlessly of those salty little, non-nutrient packed cracker. I can eat them plain or put butter or nut butter on them. I can take a piece of cheese and place it on the top, then throw the whole thing in my mouth. But the best is just plain. Yep, I love saltines. That is why I don't buy them. I don't trust myself with them at home! Lol.. So what is your food addiction? I can say for most, it would be chocolate, that heavy, sweet taste our bodies crave. Ayurveda says the sweet taste is what our bodies look for. This is stemmed from being a baby and cradled in mom's arms at the breast. Food can imitate the feeling of love that we have experienced when we were young.

It is not until I started delving inside, meditating and going on cleanses that I realized why I am drawn to foods that give me no nutritional value. When I got sick as a child, my mom would always give me 7-up and saltine crackers...mmmm This was a sign of her love. I felt loved as she stroked my hair and gave me special foods normally not in the house. I had her worried, full attention.

This is just one of the emotional eating foods I crave. There are others too..But what I am discovering is there is a reason to this madness. I am not talking about veggies and things that are good for our bodies. I am talking about crackers, breads, sweets, things that if eaten daily or in large quantities make our bodies unhealthy.

Please join me for the 8-day cleanse in July at Seaside Yoga. We will not only be cleaning up our intestinal wall and healing the villi, but also delve a little into why we crave certain foods. Learn how to answer your own questions by taking a personal journey, the journey of your body, mind and spirit...Namaste..