

Deconstructing Cravings by Shammah Womack-El, N.D., Th.D., Ph.D., D.R.E

Mad Cow Disease, Foot and Mouth Disease, Cloning, Genetic Engineered, Bovine Growth Hormone, Irradiation, Biotechnology....Help! What do we eat?

“You are what you eat” is now understood by more and more people, yet somehow, no one is cooking at home, and there is increasing reliance on poor quality, commercial food.

There are so many theories out there and all of them say “I am right, the others are wrong,” and each of them can scientifically prove it. The problem is, it’s like religion – everyone is saying their god is the best and only god.

What they don’t understand is that we’re all different. For convenience they want to put people into categories by blood type, body shape, metabolism, yin / yang, whatever. But other factors are there. Two people might have the same blood and body type, but one may have an office job and the other may be a construction worker. So they need to eat differently.

People eat differently on Saturday night before a party than on Monday morning before work. You must eat differently at the age 60 than if you were 20. Also, have you noticed men eat very differently than women?

People use food for medication, as in “food valium” or for entertainment, to numb out when they are feeling feelings they don’t want to feel or to increase their energy when they’re actually exhausted and need to rest. Then of course, there is our conditioning around food as reward. I was good at work today, so I deserve an ice cream.

Our body is amazing. It knows when to go to sleep, wake up, go to the bathroom, maintain 98.6 body temperature, tighten the eyes when the light gets bright and much much more, including the miracle of pregnancy and childbirth. Your heart never misses a beat. Your lungs are always breathing, even if you forget. It is a true super-computer.

Your body never makes mistakes. Your mind can make a mistake drinking too much alcohol or eating too much sugar, but your body will always be there for you; instantaneously reorganizing itself to clear out the inappropriate materials from the blood stream.

You might make mistakes, errors in judgment, like the wrong relationship, or the wrong job, but your body doesn’t, ever. It is always there for you. Always has been, always will be.

So you think your body is making a mistake craving ice cream, cookies or chocolate? I doubt it. It’s more likely you are making an error in judgment eating a diet that is too

strict, or living a lifestyle that is too boring or stressful. So the body comes in to create correction.

People can deconstruct their craving to understand what it means; What is the body saying? What does this intelligence want?

It's like a relationship. Any relationship doesn't just happen. It takes communication, love and time. Out of all the relationships in our lives, the one with our body is most essential. So you have to check in and say, "Hi sweetheart. What's going on? What are you feeling? Am I not treating you well? Do you need some attention?"

It's impossible that a book or theory can tell you what to eat. Only awareness can tell you, by having this deep connection with your body and its needs.

When you go to a restaurant, instead of reading the menu-which is designed to make your mouth water so you can buy more – you can just close your eyes and ask,

"What does my body want?"

If you are about to binge, close your eyes and say,

"What's going on in me that I want to binge? Maybe what I need now is just a hug, a warm bath or some rest."

All the nutrition theories only address the food that is on the plate. And people switch from one food to another because they miss the most important thing, which is that it's not about food-the measuring, the restrictions, the discipline or the suffering. That's really stupid!

Everything is a food – for example, if you hug someone, kiss someone, dance, laugh-that feeds you. When you are in love, you don't need to eat very much. On the other hand, when you are out of balance, you can eat all the food in the world and still be left hungry.

Really what you want on a plate is only secondary. What's primary is joy, love, touch, intimacy, spirituality, freedom, a satisfying daily life. The more you have on this level, the less crucial is your secondary food, your daily diet.

The contradiction is, the healthier the food is on your plate, the more likely you are to have a happy, healthy life. Enjoy. Don't forget healthy people are happy people.

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