

What is Your Body Telling You?

Chapped Lips

Your body could probably use more water. Also try eating foods with a high water content like watermelon and tomatoes. Coconut water is also a great hydrator.

Dry Skin

Your body is probably asking for more fat. Try olive oil, nut oils, coconut oil, butter, flax seed oil, peanut butter, almond butter, eggs, avocados, olives and full fat raw dairy products.

Exhaustion

If you're tired, the first thing you should look at is whether or not you're getting enough sleep. Foods that can help you are those high in B vitamins. Eat more sunflower seeds, spinach, fish, beans, and nutritional yeast.

Constipation

Your body is probably asking for more fiber AND more water. Drinking water and coconut juice can help. Also apples,

pears, oats, beans, and of course whole grain breads are high in fiber.

Neck or Back Pain, Bone tenderness, Leg aches

You may need more calcium. Sesame seeds, broccoli, kale, mustard greens, almonds and bok choy are wonderful sources of calcium. A good, clean source of cow's milk may help too.

Insomnia, Restless Legs, Anxiety, Migraines and/or Muscle Weakness

You could have a deficiency in magnesium. All green vegetables, pumpkin seeds, cocoa powder, basil, almost every nut, whole grains and lentils are good sources of magnesium.

Lack of Energy

You could be anemic which denotes a lack of iron in the body. Plant sources of iron include blackstrap molasses, dried plums and figs, pumpkin seeds, kale and red lentils. Plant

sources of iron aren't as easily absorbed as the iron found in animal products. Still they are a great source. If you think you might be anemic, get a test and talk with your care provider about which sources would be best for you.

Depression

You could be low in l-tryptophan and/or DHA. Foods that are high in these two nutritional components are clean cheeses, organic turkey, whole grain cereals, wild salmon, cabbage, walnuts, cloves and flaxseeds.

Poor Immune System

You may need more vitamin C. Tomatoes, red and yellow sweet peppers, brussels sprouts, cauliflower, kiwi and papaya are all excellent sources of vitamin C as are the proverbial citrus fruits that we all know about.

Heart palpitations, Muscle cramps, Numbness.

You might just need to eat

more potassium rich foods. Good sources include bananas, potatoes, winter squash, sweet potatoes, yogurt and sardines.

Skin Problems

Your body may see an improvement in skin disorders when you eat the following foods: avocados, honey, mangoes, oysters, mushrooms and wheat germ. Your body may be asking you to stay away from deep fried foods, sugary drinks, candies and dairy products that were produced with hormones.

Bloating

Your body most likely needs you to slow down your eating and chew a lot more thoroughly. Your body may also be telling you that you've eaten too much

or are eating the wrong foods. Peppermint tea, fennel seeds (chew them), and ginger tea can help remedy an already bloated belly and kefir, true sourdough breads, miso (fermented soy-bean paste) soup, yogurt and sauerkraut are all full of probiotics which can prevent bloating and aid in digestion.

Headache

Tension headaches are the most common type of headache. They are caused by stress and worry. Your body is probably dehydrated and may be lacking minerals since stress leaches minerals from the body. Eating mineral rich foods like dark leafy greens, sprouts, hazelnuts, almonds, pine nuts, broccoli and sea vegetables may help.

Bleeding Gums and/or Bruising

Your body may be needing more vitamins D, C and K. Good sources of D include mushrooms and sunshine. Sources of vitamin K include green beans, parsley, dark leafy greens, blueberries and broccoli. Good sources of vitamin C are listed above.

Too Cold. Too Hot.

Your body is needing to warm up or cool down. Warming foods include black pepper, red pepper, vegetable soups, squash, yams, leeks and butter. Cooling foods include cucumbers, fruit smoothies, watermelons, grapes, lettuce and bananas.

