

Title:

Control Your Cravings

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Summary:

How to Overcome Emotional Urges to Eat (Whether Too Much, at the Wrong Time, or for the Wrong

Keywords:

muscle building, fat burning, fitness and weight training

Article Body:

How do I overcome urges to eat?

To answer this question, we first need to understand why we eat in the first place. It's probab

But why do we sometimes feel the overwhelming magnetic attraction to stop by the local fast-f

If you've ever experienced any of these common scenarios, you're not alone. Thousands of peopl

Typically, "urges" to eat are first driven by our emotions. Emotions so strong, they can easil

"Once we can accept that we are not perfect and determine how to overcome those emotional "urg

Eating Success Strategies

Now, let me share with you what I believe is the most powerful strategy you can use to help ov

From here on out, I will refer to these as "Eating for Success strategies." Here are the stra

THE PSYCHOLOGY FACTOR'RECOGNIZE THE EMOTION(S) THAT DRIVES YOU TO EAT

We eat for a range of different reasons, besides trying to build muscle and slash bodyfat.

Of course, we already know the importance of eating smart. So why do we sometimes crave "bad"

See, our ability to control our eating has a great deal to do with our emotions'our personal p

Not a FAT chance! As you know, if you've experienced any one of these emotional triggers, eat

AWARENESS IS THE KEY

To minimize emotional triggers that cause you to crave unhealthy foods, I suggest you keep a f

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By understanding that awareness of when and how your particular emotional responses are trigge

HOW TO OVERCOME EMOTIONAL EATING

So, now we've come to the \$64,000 question: How should you respond to those sudden, uncontroll

Eat smart. Not less. Try to consume five to six protein- and carbohydrate-balanced meals each

Also, cutting calories, or eliminating food groups altogether, such as all carbohydrates or al

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My favorite meal replacement/protein supplement is called Eat-Smart®. I helped to create Eat-S

Make better bad choices (if it comes to that!)

Here's an example: whenever you get caught on a three-hour plane flight, and you weren't prepared. In the above scenario, you're faced with literally NOTHING in your stomach for three or maybe four hours. That's clearly not what you want!

So, to keep this from happening, simply eat what the airlines offers you; however, here's what you can do. Making "better bad choices" like these is really as simple as that. And, once you begin to put this into practice, Plan and prepare your meals in advance. If you fail to plan, you might as well plan to fail. Seriously. While I recognize that most of us are not planners.

One possible solution I've used over the years with great success is for my wife and I to prepare our meals in advance. In addition, by being more prepared throughout the week, you won't have to "think" about what to eat.

PUTTING THEM INTO PRACTICE

Now it's time for you to get to work. That means, it's time for you to take these THREE success steps. Remember, all successes and failures in life are based on habit. Those who are unsuccessful have bad habits. My hope is this exercise has enabled you to identify a number of useful, actionable, and motivating habits.

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