

Dr. John Ferguson at Ferguson Family Chiropractic presents...

IF YOU'RE CRAVING... WHAT YOU REALLY NEED IS... HEALTHY FOODS THAT HAVE IT

Chocolate	Magnesium	Raw nuts & seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous veggies, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, Toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Oily snacks/fatty foods	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or Tea	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Phosphorus	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous veg.
	Sodium Chloride (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish & poultry, seaweed, greens, black cherries
Alcohol or Recreational Drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for w/drawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Chewing Ice	Iron	Meat, fish & poultry, seaweed, greens, black cherries
Burned Food	Carbon	Fresh fruits
Soda/Carbonation	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Salty Foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acid Foods	Magnesium	Raw nuts & seeds, legumes, fruits
Liquids rather than solids	Water	Flavor water w/ lemon or lime. You need 8-10 glasses/day
Solids rather than liquids	Water	You have been so dehydrated for so long that you have lost your thirst. Flavor w/lemon or lime; 8-10 glasses/day
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapples, blueberries
Pre-menstrual Cravings	Zinc	Red meats (esp. organs meats), seafood, leafy & root vegs
General Overeating	Silicon	Nuts, seeds; avoid refined starches (white rice/bread/pasta)
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vit. C supplements or orange, green or red fruits & veggies
Lack of Appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vit B3	Tuna, halibut, beef, chicken, turkey, pork, seeds, legumes
	Manganese	Walnuts, almonds, pecans, pineapples, blueberries
	Chloride	Raw goat milk, fish, unrefined sea salt
Tobacco	Silicon	Nuts, seeds; avoid refined starches (white rice/bread/pasta)
	Tyrosine	Vit. C supplements or orange, green or red fruits & veggies

Legumes: beans, peas, alfalfa, clover, and peanuts

Cruciferous vegs: horseradish, broccoli, kale, cabbage, brussel sprouts, turnip, collard greens

Root vegs: beets, carrots, leeks, potato, sweet potato

Leafy vegs: arugula, celery, bok choy, lettuces, spinach,

Meat recommendations: Choose free-range, grass-fed or all-natural when possible

Fish recommendations: Choose wild caught, not farm-raised (lack omega3 fatty acids, fed poorly)

Exit 9- The Crossings, Clifton Park ~ 518.383.5595 ~ www.ForLifetimeWellness.com