



EAT WELL

Getting crafty with cravings

By Debbie Gilbey

What should we do when we are craving certain foods?

My answer to this for my clients and myself has always been very straightforward: wait 20 minutes, have a glass of water, and if you still want the desired item then eat it!

Why wait 20 minutes?

In that time you probably will have forgotten about it. There are many times I see beautiful photos of cakes on my Facebook feed that make me think "I 100 per cent need to eat that right now", which is very easy to do as there are many cafes and supermarkets near my gym. However, generally my mind wanders and then forgets all about it and the craving passes.

Why water?

The human body has a difficult time differentiating between thirst and hunger. Around 80 per cent of the time your brain will trick you into thinking it will be more satisfied with some extra food, when really it is dehydrated.

Cravings

Surely a chocolate bar isn't nutritionally good for us? While



↑ The way to a healthy body is to understand your cravings

the obvious answer is no, a chocolate bar offers little in quality nutrition, if you eat one it will stop you obsessing over chocolate! However, denying yourself foods you see as 'bad' is in my opinion worse. Many of my clients have expressed the same feeling, that in the

past they ended up over-eating many other things – 'safe' foods - but just were not satisfied. Finally, when offered chocolate later on, they ended up eating much more than they originally wanted to as the craving and obsession had manifested.

However, I am not suggesting that if you are craving a biscuit to go out and purchase an entire packet to consume in one sitting!

What if it's constant?

If you are always hankering after the same type of food on a daily basis, this would actually indicate a lack of a basic nutrient.

If it's salty foods such as crisps then the body wants sodium. If chocolate is the thing you're after then the body is low on magnesium. With meat, such as steak, then zinc and iron levels are low, and sweets indicate that chromium levels are off balance. Always wanting stodgy carbs, such as bread, on the other hand suggests tryptophan is lacking.

A top tip is to learn the difference between randomly wanting the food, for example 'Oh that pizza Kelly had at lunch looks great, I want some', and cravings which are generally quite overwhelming in their nature, yet once consumed you feel beyond satiated. For example, 'I have been thinking about that pizza Kelly had yesterday and think I will get myself one today as I haven't stopped thinking about it'.

For more info about health and fitness, please contact Debbie via: www.fitnesswithdebbie.com. ■

FIT FOR LIFE

Why visceral fat is dangerous

Did you know that there are different types of fat in the body?

As well as the kind we normally associate with a larger size, there is a particular sort of fat that is now known to carry a greater risk of developing various diseases with it. Visceral fat tends to lie around organs such as the liver, heart, kidneys, pancreas and intestines. Also known as abdominal fat, the chances are that if you have a big belly then you have hidden stores surrounding those vital organs – and that includes if you are otherwise 'skinny'.

Why is it so dangerous?

Visceral fat evidently works differently to other types, one of the reasons being that it produces its own hormones which interfere with the body's functions.

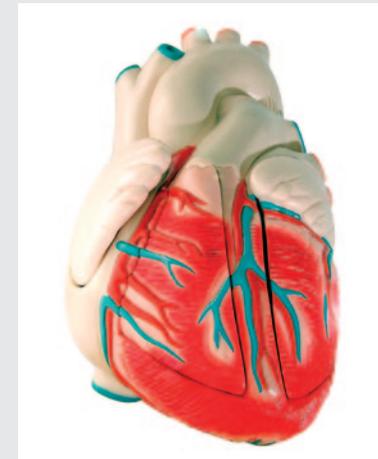
Any stored fat actually makes it harder to lose weight and increases hunger levels, but the visceral kind seems to be the worst, due to the type of hormonal changes it triggers, altering metabolism levels and creating a cycle that is difficult to break out of.

In addition, it promotes inflammation in itself and the rest of the system by producing a molecule called interleukin-6. Inflammation is linked to an endless list of chronic conditions, including arthritis and heart disease. In fact, fat-produced inflammatory cytokines are considered one of the main contributors to heart disease and various other serious illnesses. When the body is suffering from inflammation, the liver can become overworked trying to rid the system of cholesterol and toxins, leading to plaque building up in the arteries.

Visceral fat is also thought to play an important role when it comes to liver insulin resistance, increasing risk for developing diabetes. Furthermore, though reasons are unclear at this time, research has also shown a strong link to an increased risk of dementia and cognitive decline, as well as mini strokes.

It can even apparently affect our mood, possibly leading to depression and other psychological problems. This may be due to the fat's effect on hormone levels and thus brain neurotransmitters such as serotonin.

Maintaining a weight that is appropriate for your height is not just about looking good. In particular, it is important to reduce levels of belly fat through a healthy diet that includes keeping refined carbohydrates, such as white flour and sugar, down to a minimum and eating plenty of fruit and vegetables. It is one way of helping yourself stay healthy that is completely under your control. ■



↑ Losing belly fat can help your heart – and the rest of you – stay healthy

Cool Jazz

Qfm 94.3

www.Qmusica.com

Q

2

fm

Island ROCK

www.Qfm2.com

TALLER KAY

Tel: 922 790 825

E-mail: autosamericas@gmail.com

Inspection (no expiration of. Warranty for new cars)

Brakes and motor service

Technical Inspection Agency (ITV)

Car bodywork repairs

Deutsche Autowerkstatt

Chafiras

LIDL

GERMAN CAR SERVICE

LAS AMERICAS S. L. - RENT A CAR

Las Chafiras, C/ Arujo 60

Poligono Industrial Andoriñas

Long-term parking spaces

(from one month)

in Las Chafiras

922 790 825