

## Forkprovoking® Nutritional Therapy

### ***Craving for a healthier lifestyle?***

The food we eat has a lot to do with feeling good and looking good. I have a passion for good food: shopping; preparing; cooking; sharing; eating; enjoying. As well as this, to be able to guide individuals towards better health was one of the motivational factors to train to become a nutritional therapist. Nutritional therapy provides personalised advice for diet and lifestyle, tailored to meet your individual needs.

### ***"I know I shouldn't be eating this, ..."***

There are many reasons why we choose to continue eating foods that we think may not be so healthy. But what are these reasons? And how do we change?

When we are tired and 'hungry' it seems all too easy to opt for convenience food. There is also so much to tempt us, and so much to choose from: Ready meals to pop into the microwave; take-aways that entice you by the wafts of aroma on the high street; a snack out of a packet such as crisps that we think might just fill that hunger gap; or a chocolate bar that is too irresistible not to open.

Very often these 'snacks' and ready foods are unhealthy as they have a high refined sugar content or contain 'trans-fats', and are processed in a way that means they are likely to be of low nutrient value. For a few moments of perceived pleasure, the snack that was intended to fill a gap that you thought you had, may instead be a risk to your long-term health. When your body is sending 'hunger' messages to your brain, and you start to eat more of these unhealthy foods, the results can be undesired weight gain, a feeling of loss of control, and compromised health.

### ***Making a change with individualised nutritional therapy***

By understanding the possible mechanisms involved in food cravings, or investigating potential underlying causes, it is possible to adapt and make changes that remove the urge to eat unnecessarily or 'be cured from being lured' by 'empty calorie' foods that are more likely to result in putting on weight and less likely to provide the nutrients associated with optimising health - looking good and feeling good.

Cravings for foods of poor nutrient value (but providing excessive amounts of sugar and 'bad' fats) could be triggered by the effects of hormones in relation to 'lifeload', sleep patterns, diet, exercise (too much or too little!), or as a result of sub-optimum health of your digestive system. And, although, inherited genes and life events, may have something to do with health issues such as weight gain, there are strategies to consider in relation to diet and lifestyle that may enable you to adapt to these changes, and to reverse the cycle of an unfavourable diet and compromised health, and attain a diet rich in the potential for supporting long-term health and happiness.

*It really does feel good to say:*

*"I know I shouldn't be eating this, ... [and I know why] ..... so I'm not going to."*

Your personal diet is an important part of your lifestyle. Nutritional therapy offers guidance on making dietary changes for supporting a wide range of health needs, for you as an individual.