

Wellness InSTALLments

September

September 2017 — Volume 5, Issue 3

This Month's Author: Breanna Johnson

You're Craving What?

Upcoming Events

9/5—Tips Tuesday: Let's Be Blunt
11- 1pm; CC Atrium

9/5—FREE TUITION BINGO!
7- 9pm, CC Ballroom

9/6—Healthy Hump Day: Rethink Your Drink
12- 3pm; P&W

9/12—Tips Tuesday: Mandala Mania
11- 1pm; CC Breezeway

9/13—Fresh Check Day
11- 2pm; Library Lawn

9/20—Healthy Hump Day: Roommates 101
12- 3pm; P&W

National Hazing Prevention Week

9/25—Catch the Cash Cab!
12- 2pm; Main Campus

9/25—GOAT Movie Screening
6:30- 9:30pm, CC Ballroom

9/27—Healthy Hump Day: Hazing on a Scale from 1-10
12- 3pm; Outside P&W

9/28—Mock Conduct Hearing
5- 7pm; CC 247

Please see our online calendar for a full, updated schedule



What is a food craving? A food craving can be defined as an extreme desire to consume a specific type of food. There are a few different factors that contribute to this. **The main culprit of food cravings is generally a lack of nutrients, but your brain could also be to blame.** For example, sugary and processed foods have been shown to trigger the same areas in the brain as drugs do. This causes a release of dopamine, which is a neurotransmitter that causes a person to feel good. This means our brain will keep wanting more of whatever food we just gave it. People also have cravings when they are stressed and anxious, which is something to watch out for during big exam weeks. During these times of stress, the body will often crave carbohydrates because carbohydrates help increase levels of the hormone serotonin, which will calm you down.

The Reasons Behind The Cravings

Craving this:	Reason why:	Fix with:
Chocolate	Magnesium deficiency	Raw cacao nibs/powder, Whole grains, beans, nuts, seeds, fruit
Chips	Chloride deficiency	Celery, olives, tomatoes, kelp, Himalayan sea salt
Bread and Toast	Nitrogen deficiency	Food containing proteins: nuts, seeds, grains, legumes
Red Meat	Iron deficiency	Beans, peanuts, dried fruit, spinach, cherries
Soda/fizzy drinks	Calcium deficiency	Broccoli, kale, legumes



WELLNESS TIP

Make sure to get the proper amount of sleep. If not, lack of sleep can lead to craving more carbohydrates and sugar.

Question of the Month

What neurotransmitter can cause someone to feel good and continue to want a specific food?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Tips For Your Cravings

Tip 1: Eat Regularly—Don't let yourself get too hungry. When you do this your body will want to eat more than normal to overcompensate when it gets the chance.

Tip 2: Drink Water & Chew Gum — Thirst is often confused for hunger, so your body might just need some water. Additionally, chewing gum can help curb the desire for a sweet treat.

Tip 3: De- Stress—Take care of yourself! When you get stressed, your body is generally going to crave those sugary snacks that produce dopamine to calm you down.

Tip 4: Out of Sight, Out of Mind— Distract yourself from tempting foods.



PEERS CARE
Educate. Engage. Empower.

