CRAVINGS AND NEEDS

WHAT YOU ARE CRAVING WHAT YOU NEED WHAT TO FAT Chocolate Seeds **MAGNESIUM** Broccoli Cheese, Sugary Foods CHROMIUM, CARBON, PHOSPHORUS, SULPHUR, TRYPTOPHAN Breads, High Protein Pasta, **NITROGEN** Cheese, Broccoli Oily/Fatty Foods **CALCIUM** Salty Foods **CHLORIDE, SILICON**