Your Ultimate Guide to Ending Cravings and the Antidote to Emotional Eating

This document is meant for you to END emotional eating once and for all. It will give you the exact steps to never feel powerless over food again!
IF YOU WANT TO GET THE MOST OUT OF THIS GUIDE, PLEASE READ THIS FIRST!

Before we take a deep dive into the 6 Human Hungers and guide you towards ultimate power over your food-cravings, we want to thank you for taking the necessary steps to learn about your health.

It might not seem like a big accomplishment, but by merely reading this PDF, you separated yourself from most people in our society!

The majority of people would rather try out 50 different diets and when they find out nothing changed, wonder why things didn't work out for them.

It's likely, you already know that those diets don't work, and are curious about finding out some key reasons why that is.

While reading this document, you will come across some ah-ha moments that will change the way you see cravings and emotional eating for good! Most people don't know about the tips we are about to share. If you feel like one of these tips helped you in any way, the best thing to do is to share it with your friends and family. This way, you can help them become the healthiest version of themselves as well!

Congratulations on taking your first steps to lasting change and a future of power over food.

First, before you read on, we need to warn you for any obstacles you may encounter along the way!

The ideas shared in this guide can sometimes feel a bit counter intuitive. There may be a time where you will experience a “destructive thought” roaming through your mind, like: “this won't work for me” or “I could never do that”.

It's completely normal to have these thoughts. The only thing we want you to do if this thought comes up, is to change it to a helpful question: “HOW could this work for me?” This way, you can open your mind and give yourself the permission to actually make a change for yourself!

Now that’s been said, let’s dive right into the 6 Human Hungers!

Let's make a change together!

Thanks for your trust!
The WildFit team
We tend to think of hunger as one thing. We get hungry. We eat. Hunger stops. The body is sending us a signal to eat when it needs food but that is not always the case.

How many times have you gotten hungry, eaten until you’re full, but still felt hungry, so you continue eating? Something is wrong and it’s causing you problems.

The solution: listen to your hunger signals, because hunger is not just one thing.

We have identified 6 Human Hungers. Understanding what type of hunger you are experiencing is key to releasing weight and ending emotional eating.
**WildFit**

6 HUMAN HUNGERS

1. **Nutritional Hunger:** This hunger occurs when the body is asking for specific nutrients. Sometimes we crave specific foods or food categories like: salt, fruit, meat. The problem today is that most of the nutrients get removed when the food is processed. If your body is telling you that it needs nutrition and you eat food with little or no nutrition in it, your body will keep sending you a hunger signal. You will end up eating a lot of food, but not feel satisfied. You will end up overfed, but undernourished.

   **WildFit TIP:** You can often spot misleading processed food by the fact that it comes with a plastic or paper wrapper. If you want to be safe, only eat food without wrappers, like fruits and veggies.

2. **Thirst:** Historically, most of our water came from the food we ate. This is why your body often communicates hunger in the same way as thirst.

   **WildFit TIP:** Next time you feel hungry; drink a full glass of water, wait 15 minutes, and see if you are still feeling hungry.

   You might realize that the hunger all of a sudden disappeared!

3. **Variety:** Have you ever made too much for dinner, and after 3 days straight of eating the leftovers, you are completely sick of it? That’s because you’re craving variety. It is meant to protect us from relying on one single food source. Cravings are a natural way to motivate us to seek out specific food so we get a range of nutrients in our diet.

   **WildFit TIP:** The next time you get hungry listen to your body closely. You may just be craving something a little different.
Low Blood Sugar: Have you ever been so hungry that it feels like you could eat a horse? If that is the case, you most likely have low blood sugar. It is often mistaken as hunger. This is dealt with best by avoiding low-quality sugars in your diet. Your overall sugar intake, even from fruit, should be seasonal, and limited.

WildFit TIP: The next time you stand in the grocery store, always look on the back of the packaging. Does the product have added sugar? If it does, put it back down. It will cause you to crave food even more.

Emotional Hunger: It is more common than you think. Food is often used to satisfy emotions. Emotional eating can be dangerous because it can create bad eating habits and prevent you from dealing with the emotions that cause the eating in the first place. Emotional eating can be triggered by happy situations, sad situations, frustrating situations, and the list goes on.

WildFit TIP: The first step is to become aware of your emotional eating. Try to identify what triggered it and write down the trigger. Then find another way to deal with the situation that does not involve food. For example: Go for a walk, play with your kids, get a cup of tea, or simply get a healthy substitute to your snack.

Empty Stomach Hunger: Your stomach should naturally be about the size of your fist. But nowadays there’s so much food available that there’s a high chance that your stomach has been expanded to a greater size. When your stomach is not completely full, your body will tell you “If I see food, I should eat it.” This is a survival strategy but it’s not hunger. It’s just a feeling that you get when your stomach is shrinking a bit. With all the food available now, you don’t need to respond to this feeling every time you feel it.

WildFit TIP: Next time you feel your empty stomach acting up, first drink some water, then wait for an hour. Get familiar with the feeling and try to procrastinate reacting to it with food for as long as your body allows. Trust us, you won’t starve.
GREAT! Those were the 6 Human Hungers... Did one of them resonate with you? Did you have an “ah-ha moment”?

Now that you know all about the 6 ways you could feel hunger in your body. Let’s go a little bit deeper into how you can use this knowledge to your advantage! Below, we have 4 proven strategies that will help you win the battle against your food-urges and transform your body with the healthy lifestyle you deserve!

Let’s do this, here they are:

1. **Be Kind to Yourself and Avoid Further Stress, Guilt, or Shame.**

   Have you ever eaten something like a piece of cake, then felt bad about it, and then felt bad about feeling bad? It’s a neverending cycle and research has shown that this will actually (strangely enough) make you do more of what you didn’t want to do. Having bad feelings about being weak or guilty, doesn’t serve you. It’s just a learning opportunity. Look instead at how you ended up in this situation. What can you learn from it? The next time you will be better prepared. We are all human. Focus on progression not perfection. In WildFit you will learn that the relationship between your emotions and food determines your success with healthy eating.

2. **Master Your Emotions**

   Have you ever experienced being happy, but then a situation comes up and suddenly you lose complete control of your emotions? In these situations, we tend to try avoiding the emotions that come up, because they are too uncomfortable. Emotions are just emotions. There are not good or bad emotions. We are meant to experience them all. True emotional mastery is not about avoiding or never feeling certain emotions. It’s about understanding the feelings that come up. Figure out what triggered them, and then learn from it. If this feels overwhelming, enlist the support of a **WildFit Coach** to help you through it.
3  Mindfully Make a Plan for Success

Failing to plan is planning to fail. If you want to eat healthier and continue eating healthier then planning is key. Look at the coming week and see if there are obstacles on your way that can make eating healthier more challenging.

Are there any social gatherings or traveling that you need to plan for? Do you need to prepare food for travel? Do you need to check with the restaurant to see if they have the right food? In what situations will you be tempted to eat junk food? What can you do to prepare so that doesn’t happen? Can you avoid the situation all the same?

If it doesn’t go as you planned, don’t beat yourself up, learn from it and try again. Do not indulge in moderation, if it does not serve your health and longevity. If you are a person who is very sensitive to sugar and you know it is a trigger food for you, it may not be best to have that sweet dessert. Instead, bring a delicious plate of whole food that is naturally sweetened. You can enjoy dessert and still honor your healthy choices.

4  Follow Your Food Dialogue

If the situation catches you by surprise, or you are quite tempted by the dessert table but are avoiding sugar, pay attention to why you want it. Check in with the 6 Human Hungers. What type of hunger or feeling is this? What does your Food Devil say? What does your Food Angel say? What does your Sugar Monster want you to do? When you understand the motivation for why the food is calling to you, it is easier to find a better solution rather than giving in to compulsion.
Changing your relationship with food, however, is never done in one day!

It’s about changing the habits you developed over your entire lifetime...

To succeed, you need to consistently take the right steps towards your goals. This will bring up a lot of challenges you need to overcome in order to embrace the healthy lifestyle and body you deserve.

Our mission is to help people like you to never feel powerless over food again and experience complete food freedom! It works even if you have a serious track record of failed attempts.

Congratulations!

You should now be able to take matters into your own hands and end emotional eating once and for all...
To help you on your path, we created the "14 Day Reset Challenge"

A challenge that’s designed for you to reset your relationship with food without feeling hungry, using supplements or implementing complicated rules.

If you hesitated to start, this is your chance for lasting change towards the lifestyle you deserve!

DISCOVER MORE

Success Stories
Hear what the WildFit community has to say.

“"This is so far the best food program I have tried!""”

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“I loved it! I loved the videos, the FB group and the information and approach. Now I can’t look at chocolate and have no desire for refined sugar! Yay! Thank you so much for making the 14 Day Reset program available and so accessible. I am really happy, have more energy and the weight is coming off. Thank you Wildfit team xxx.”

Laura Elizabeth Williams

Are You Ready To
RESET YOUR RELATIONSHIP
WITH FOOD?
JOIN OUR 14 Day Reset Challenge

GET STARTED
About WildFit

Here at WildFit, every animal on Earth has its own diet; a particular way of eating that makes it possible for that animal to function at its absolute best.

We believe the same is true for humans, but modern conveniences and food marketing campaigns have convinced us to eat in opposition to this natural way.

Food is our greatest medicine, but so many of us are ignoring or mistreating this rich resource.

WildFit is about returning to eating the way Mother Nature intended by giving your body the core nutritional elements that it wants WITHOUT relying on willpower or strict rules.

WildFit is about getting free!

About Our Founder

Eric Edmeades spent the earlier part of his life struggling with constant sinus and throat infections, excess weight, acne and chronic fatigue.

Eric decided to experiment with changing his diet. Within 30 days, all his symptoms went away.

He became fascinated by food’s role in achieving true health.

He waded through stacks of nutritional data and functional anthropology research. WildFit is the culmination of it all.

Without Eric's passion, the thousands of people whose lives have been changed by WildFit would still be struggling with poor health and debilitating diseases. We’re beyond grateful for his commitment to self-healing and above all, living a life of freedom.