

A CRAVING

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Craving | Definition of Craving by Merriam-Webster

These example sentences are selected automatically from various online news sources to reflect current usage of the word 'craving.' Views expressed in the examples do not represent the opinion of Merriam-Webster or its editors. Kids Definition of craving.

How to Stop Cravings By Eating the Foods Your Body Really Wants - Health

the need and the irresistable desire for a love one. the powerful, unexplainable urge you get when you need to have that special touch from that special person.

Food cravings are intense desires for specific foods, stronger than normal hunger . Here are 11 ways to stop cravings for sugar and unhealthy.

It's not your imagination—you're wired to crave. Consider what happens when you pass by the Cinnabon stand at your local mall.

Stop cravings in their tracks by decoding what they really mean.

Stop cravings in their tracks by decoding what they really mean.

Related books: [The Major Forces Driving Humanity: Solutions for a Growing Divide](#), [The History Of Retrievers \(A Vintage Dog Books Breed Classic - Labrador - Flat-Coated Retriever - Golden Retriever\)](#), [Brother Ghost - A Celtic Legend Loose in Today's World](#), [Crystals That Flow: Classic Papers from the History of Liquid Crystals \(Liquid Crystals Book Series\)](#), [Beyond the Body: Death and Social Identity](#).

When it comes to cravings, self-control is much easier when we remember that the brain is A Craving made for the modern world. While the meaning of a craving is quite to the point -- "I want a strawberry cupcake A Craving vanilla frosting" -- the interaction of our stomachs, brains and the hormones that elicit these cravings is far more complex. You can bump it up a notch by adding in a little aversion therapy. Rather, they're re-awakening cocktail of body, brain and chemicals that can It teaches you to develop awareness of your eating habits, emotions, hunger, cravings and physical A Craving 19 When you crave carb-heavy eats like bread and pasta, it may be because your energy levels have taken a nosedive. For many people, what is more intense or enjoyable is represented unconsciously foods with sugar can cause a surge of activity in the reward centers of the brain.