



### Create Your Best Life Ever! What Else is Possible?

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**July 06th 2012: We Are What We Think and Eat: Self-Talk and Food from the Mind-Body Connection - The Holistic Model to Food Cravings**

NOT about emotional eating. Depending on the themes in our self-talk, we'll be driven by certain food cravings. Using the chakra system as the translator between the mind, spirit & body, we can see how entrenched points of view & beliefs, or enduring moods, are themes that correspond to specific chakras. Each chakra corresponds to universal themes in life, i.e. self-confidence w/in society, connection to our higher Self, having one's basic needs met. If there is destructive self-talk within a theme of a certain chakra, we'll then crave certain foods. Carbohydrates eaten in excess correspond

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