

## FOOD PREFERENCES RESULTING FROM THE DEPRIVATIONAL PHASES

Deprivational Phase	Food Preference	Imbalanced Vitamins	Imbalanced Minerals	Imbalanced Amino Acids
<b>Missing Physical Affection</b>	<ul style="list-style-type: none"> <li>-Carbohydrate craving</li> <li>-Increased protein</li> <li>-Diuretic use</li> <li>-Foods that are yellow</li> </ul>	Low in: -B-1 (Thiamine) -B-3 (Niacin) -B-6 (Pyridoxine) -Vitamin C and bioflavonoids	Water-soluble minerals (Ca, Cu, F, Fe, I, K, Mg, Mn, Na and P)	Tryptophan (Vital to the synthesis of Serotonin , Endogenous opiates and Hepatic proteins)
<b>Dependence</b>	<ul style="list-style-type: none"> <li>-High fat</li> <li>-Low fiber</li> <li>-Low fruit and vegetable intake</li> <li>-High intakes of dairy, corn, sugar, wheat &amp; meat</li> <li>-High in processed foods</li> <li>-High in additives and pesticides</li> <li>-High in fried and junk foods</li> <li>-Foods brown in color</li> </ul>	-B-1 (Thiamine) further depleted -Imbalances in fat-soluble vitamins (A,D, E and F)	Imbalances in Ca, Cu, K, Mg, Mn, Na and P (usually high Ca, Cu and Na, and low in K, Mg, and Mn)	-Tyrosine -Phenylalanine (Vital to the synthesis of the Catecholamines: Dopamine, Epinephrine, Norepinephrine)
<b>Repressed Rage and Anger</b>	<ul style="list-style-type: none"> <li>-Very high intakes of refined and junk foods</li> <li>-Spicy foods</li> <li>-High in sugar</li> <li>-Very low intake of fruits and vegetables (especially fresh)</li> <li>-Foods red in color</li> </ul>	-B-1 (Thiamine) -Choline -Vitamin C (All three are vital to the synthesis of Acetylcholine) -Inositol -Imbalances in fat-soluble vitamins (A,D, E and F)	-Depleted chelated minerals Including Co, Cr, Fe, Mo, Se and Zn (Various others depending on the specific diet)	-Lysine -Cysteine (Various others depending on the specific diet)