



Weight & Nutrition: Cravings & Dopamine

Cravings are driven by dopamine signaling, not lack of willpower. Highly processed foods hijack reward pathways. Understanding dopamine restores control. Awareness weakens cravings.

Ultra-processed foods create rapid dopamine spikes followed by crashes. Chronic stress and poor sleep worsen dopamine dysregulation.

Lab trends may show insulin volatility alongside frequent cravings.

Stabilizing meals and stress reduces dopamine-driven eating.

01 Is This Your Story?

A patient craves sweets every afternoon. When protein intake increases and sleep improves, cravings diminish. Over time, emotional eating decreases and weight stabilizes.

02 Try This Today

Measure: Identify when cravings peak.

Do: Eat a protein-rich meal before cravings usually occur.

Reflect: Ask whether cravings signal chemistry, not weakness.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

