

EPISODE 41: Hunger Misunderstood is Weight Loss Kryptonite

True hunger comes from the stomach and travels to the head,
not the other way around

Do any of these sound familiar?
How often do these thoughts come to mind?
We have thoughts of hunger like these:

- I haven't eaten in five hours, it's time to eat.
- It's lunch time.
- It's dinner time.
- It's snack time.
- It's restaurant time.
- I think my blood sugar is low.
- I'm tired. I need a pick-me-up.
- I need breakfast.
- I need a protein bar.
- I need a certain number of calories.
- I need nutrients.
- I just worked out so I need to replenish.

Hunger comes from the stomach and travels to the brain, but we have bought these 9 lies and have reversed the order. We have a thought about hunger and then inform the stomach that we should eat.

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Why it exists

Fundamental misunderstanding around hunger

True hunger starts in the stomach and goes to the brain- not the other way around.

Hunger occurs in waves. It comes and grabs you and then dissipates.

Your body will get the energy from your stored fat. It is not like a gas tank- when it hits empty you aren't' lying stranded on the side of the road- jerry cans.

Our bodies are wired to be at our naturally thin weight- feast or famine not feast feast feast. You start to build trust with yourself by truly listening to your body and learning to respond to it. I welcome hunger. When i understand what hunger's job is- I am grateful that I am building trust (similar to when a baby cries you start to understand the baby communicating)

Knowing when you are hungry and feeling hungry are two very different things.

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These are the top 10 lies about hunger that keep you from experiencing the benefits of HUNGER.

1. Hunger is scary- if you go too empty you will feel out of control and then binge eat.
2. Think that our stomachs are like a tank of gas and if it gets too empty you will be stranded at the side of the road.
3. Told we need to eat regularly and if you are too hungry you will mess up your metabolism and then won't be regulated.
4. Our Circadian rhythm confirms that for most people, hunger is lowest first thing in the morning even though its been 14 hours since you last ate. Even though we are the hungriest at dinner and we have just eaten 5 hours previously. So now you don't trust yourself to know when you are hungry or not.
5. Hunger is learned and is tied to our senses, ie. when you smell a steak you are hungry. Food related stimuli are innate in almost everyone. Think about Pavlov's dogs. They were stimulated to eat when they saw a man in a white lab coat.
6. Cephalic Phase response- physical gut response for preparing to eat through salivation, pancreatic fluid secretion and insulin production starts when there is an 'expectation' of food delivery. Our senses inform our body that we need to get ready to eat.
7. Visual stimuli like good plating or gorgeous pics of food stimulates hunger.
8. Consistency with food time becomes a habit, not a true intrinsic hunger- learned through decades of association.
9. Food associations- going to the movies and eating popcorn and pop, eating between soccer games, food at concerts, food while watching TV NORMAL, OUT OF CONTROL, UNEMPOWERED
10. Our lower brain, our basic instincts tell us that we should not be hungry (it is always looking out for us- food equals survival)
ESSENTIAL, SCARY, LIFE OR DEATH, FEAR

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How do you feel when you look at all of these? Write down the emotions that come up with each 'lie'.

1

6

2

7

3

7

4

9

5

10

So when you are operating (fueled by) these emotions can you
see why you are struggling so badly with feeling hungry?

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How to protect yourself from falling into hunger traps

Step One:

- Create a boundary for yourself Only Eat at the table
- Common sense, back to what our grandmas would tell us
- No mindless eating

Step Two:

- Get curious
- Figure out why you are eating more often than you need or eating more than you need
- Use compassion as a filter for this curiosity (need to be safe to explore)

Step Three:

- Commit ahead of time from your higher brain
- Plan what you will do when you are tempted
- Give yourself some help
- Plan to be busy in a happy way

Further steps are taught inside Love Yourself Thin. We are diving into this during the month of May 2022. If you are listening afterwards, all of the classes are available in the replays inside the portal. You do not want to miss out.