



WHY AM I HUNGRY ALL THE TIME?!

.....

3 THINGS YOUR BODY IS REALLY TRYING TO TELL YOU.



HUNGER - WHAT IT'S TELLING YOU

If you struggle with constant hunger, this resource is for you! How you respond to hunger pains is about something other than willpower or lack of it. Inefficient digestion and absorption of nutrients, uncontrolled inflammation, or faulty detoxification, to name a few, can disguise themselves as constant hunger. Use this guide to debunk three common myths I often hear from clients I've helped. Let me give you the correct information, so you can make informed decisions at your next meal to slay constant hunger, feel satisfied, and stay on the path to better health. Let's dig in!





MYTH #1: I HAVE TO EAT TO STOP FEELING HUNGRY.

We're the only mammals who think it's abnormal to feel hunger and not sit with the feeling for a bit. I'll never forget the story a Physician told about his patients. That animals in the wild, bears, for example, don't go through their day and think, "I'm a little hungry, so I'll just have this chipmunk as a snack to tie me over until the deer later today.' It's OK to sit with the feeling of being hungry. The question is, how hungry are you, and is it true hunger? Otherwise, you could be eating for different, likely emotional, reasons.

If we ate every time we were hungry before assessing where we fall on the Hunger Fullness (H/F) scale, it's possible we're not hungry at all but maybe not as full as after we just ate – does that make sense?

Look at it this way – the H/F scale moves along a 1-10 grade (see the H/F scale). 1 and 2 are more of the I'm-so-hungry-I-could-eat-the-table-first-and-ask-questions-later hungry, and 9 and 10 are the I'm-so-full-I-can't-breathe/have-to-unbutton-my-pants/need-the-couch-now full.

Emotional eating is when, for example, we've eaten to 9 on the H/F scale, and a few hours later, after the food has been digested, hunger falls to an 8. We may confuse that for true hunger and eat again. And that's how added snacks and meals contribute to unwanted pounds and poorer health.

The Hunger and Fullness Scale

Ravenous	Starving	Hungry	Pangs	Satisfied	Full	Very Full	Discomfort	Stuffed	Sick
1	2	3	4	5	6	7	8	9	10

Ideally, we want to eat when we're 3–4 and stop eating between 5-7. Once we understand our numbers around eating, we can make better food choices when we eat and limit how often we eat when we're ravenous.

Understanding hunger and satiety cues require practice. Practice getting to know your numbers as you start to eat, during the meal, and after you've finished eating. Try this:

- Decide where you'll journal your number entries, making it simple; a notes app on your phone, calendar, or old-school paper.
- Start by choosing one meal a day where you'll listen to your body and note a number when you (A) pause before eating, (B) at a point during the meal, and (C) after you've finished eating.
- After 3–7 days, journal what you've noticed about your patterns of hunger and satiety and how they correlate to when and how much you eat.

What did you notice?



MYTH #2: IT TAKES 20 MINUTES UNTIL YOUR STOMACH TELLS YOUR BRAIN YOU'VE EATEN ENOUGH.

A 20-minute countdown to relieve hunger pangs or achieve fullness from the time food first passes your lips isn't the same for everyone and varies with how hungry you are when you first start to eat. The hungrier you are, the longer it will take to move through the scale toward satiety. Additional factors such as your perception of how filling the food or drink should be, the size of your stomach, hormones, sleep quality the night before, and certain conditions like Diabetes or other blood sugar or nerve abnormalities can all affect the time it takes to feel full. These situations can translate to a time range resembling 15-45 minutes!

It's important to eat regular meals throughout the day to limit the number of times you'd start to eat when you're starving (aka hangry) or about 2 on the Hunger Fullness (H/F) scale. At this point, you'll likely eat quickly to try to relieve the accompanying physical pain. This is when we tend to consume more significant portions, and we can miss the body's satiety cues, ending up at a 9 or 10.

There's more to consider – you can likely rely on feeling 1 more point higher on the H/F scale about 30 minutes AFTER you stop eating. Ideally, we want to try to stop eating around 6-7 to trust the body's natural digestion process, where we'll be a 7 or higher about a half hour later. So now what?

While eating, look for these signs, which will signal an approximate 5 on the H/F scale:

- You start to slow down when you're eating.
- A return to focus on the conversation at the table 😊.
- Burping or belching.
- Sighing.

Knowing your hunger cues can help you better pace yourself at meals.





MYTH #3: I NEED TO EAT EVERY 2-3 HOURS THROUGHOUT THE DAY TO INCREASE MY METABOLISM.

Um, unless you're a toddler, then no.

Eating more frequently does not increase your overall metabolic rate or the number of calories you burn throughout the day. When food hangs around in the system, it causes more interference with metabolism than boosting it. The body has things to do when there's food in the system and when there isn't.

Food hanging around too frequently without breaks causes a higher insulin response and inflammatory response, hindering the body's natural ability to detoxify. What does this mean for you? MORE hunger, brain fog, harder to lose unwanted pounds, less quality sleep, and higher risk for lifestyle-related conditions such as high blood pressure, diabetes, and certain cancers.

What kind of meal spacing helps with metabolism?

- Space 4 hours between at least two meals throughout the day. This means you may have to increase the amount of food at meals to limit snacking.
- Create a 12 to 13-hour fasting window daily (from dinner to your first meal the following day—there's no need for a longer time than this for the body to do its best job).
- Focus on hydration throughout the day. Aim for half your body weight in pounds as minimum ounces to achieve daily.
- Make sure to include high-satiety foods at meals, such as good-quality protein sources (wild-caught salmon, eggs, beans, grass-fed beef), fiber (fruits and vegetables), and healthy fats (avocado, hummus, nuts, and seeds).



MASTER CHECKLIST

In order to practice getting to know your numbers as you start to eat, during the meal, and after you've finished eating, try this:

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- Start by choosing one meal a day where you'll listen to your body and note a number when you (A) pause before eating, (B) at a point during the meal, and (C) after you've finished eating.
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HI, I'M ALISA!

Registered Dietitian Nutritionist and Health and Wellness Coach

I'll show you how to nourish yourself as soon as your next meal, slay constant hunger, minimize or eliminate medications, and streamline supplementation.

Consider knowing your DNA. Certain gene expressions give insight into how your body recognizes hunger and satiety cues. I can guide you!

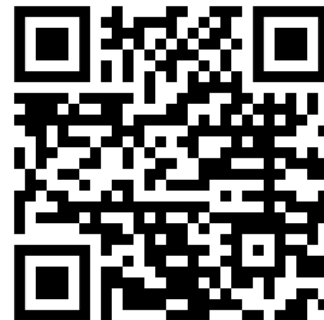
Alisa

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