



THE ONE LITTLE-KNOWN
TRICK TO FEELING
FULLER
FOR **LONGER**

Introduction

Have you ever tried to eat healthy foods, only to feel hungry again soon after eating them?

It all comes down to your pesky hunger hormones.

But once you understand them, you can regulate how full you feel, which helps you to avoid snacking and ultimately lose weight without feeling like you're starving yourself!

Understanding Hunger Hormones

Did you know that we have hunger hormones?

One is to increase our appetite and make us eat (you would have heard it grumbling in your belly), while another hormone primarily works to decrease our appetite. Would you like to be 'ordering' a few more of those?

Our hunger hormones are Ghrelin and Leptin, and the majority of us would have never even heard of these little 'critters'.

The following will give you a better understanding about your body's hunger hormones and help you to better manage your weight.

Ghrelin

Ghrelin is a hormone that **increases** your appetite. Ghrelin is released in the stomach and has the task of sending signals to your brain so that you can recognize you are hungry.

The body produces more ghrelin if a person is not eating enough. Therefore, skipping meals equals more ghrelin secretion.

However, ghrelin in normal circumstances is reduced if the individual is eating too much.

According to a study conducted in Germany, ghrelin may play a huge role in determining the length of time that “hunger” will be felt by a person.

Normally, ghrelin levels dramatically increase when a person is hungry and eventually subside after having a meal.

Researchers also reveal that the role of ghrelin is not only limited to increasing appetite. The hormone ghrelin additionally has the complex task of regulating an individual’s body weight.

Leptin

Leptin functions as the appetite **suppressor** (i.e. the opposite of Ghrelin). This hormone is also believed to play a major role in a person’s energy balance. Some experts believe that leptin can also be responsible for regulating ghrelin hormones.

It is leptin that sends signals to the brain to recognize that the body has enough immediate energy stores, or simply put, has eaten enough.

Unfortunately, studies have shown that people who are obese have often become resistant to the signals of leptin, despite the fact that they have high amounts of leptin in their body. Normally, the more fats you have stored, the higher your leptin levels should be. However, some factors also need to be taken into consideration such as the last time you ingested food, as well as your sleeping patterns.

How Macronutrients Affect Our Hunger Hormones

A study led by David Cummings, M.D. from the University of Washington revealed how macronutrients influence the ups and downs of one’s appetite. During the said study, experts found that **proteins** have the highest influence with regard to suppressing a person’s appetite.



Fats were also found to only have *neutral* effects on an individual's appetite. Researchers discovered that although carbohydrates initially lower one's appetite, they will later *increase* an individual's appetite to levels higher than before the carbohydrates were introduced into the body.

So if you want to lose weight, a very good start is to eat more proteins and less carbs – especially sugar-rich, high-GI carbs!

Here are 3 steps to follow to regulate your hunger hormones and keep your cravings at bay...

Step #1 – Keep Your Ghrelin Gremlin Levels Happy

The best way to keep your hunger at bay without sabotaging your diet is to eat small, protein rich meals throughout the day. If you are having something every 2 to 3 hours, you won't have a chance to become ravenous.

By keeping your body eating on a regular basis, the ghrelin levels will not take over and make you want to eat copious amounts of foods. Consuming some protein with every meal will enable you to stay fuller for longer and greatly assist with weight control.

Step #2 – Regulate Your Leptin Levels

Since hormones are part of our endocrine system, regulating your Leptin levels is an involved issue that will take more than strict willpower and calorie restriction. Here's how to get your Leptin levels back into balance:

1. Eliminate fructose, sugars, simple starches and refined foods from your diet.
2. Optimize your sleep and go to bed by 10pm.
3. Eat healthy fats and a large amount of protein for breakfast. A suggested option is to have scrambled egg cooked in olive oil.
4. Get some vitamin D and fresh air by getting outdoors for a period during the day.

5. Add Omega-3 fatty acids into your diet or take supplements. Excellent sources include chia seeds and fish.
6. Cut down on your Omega-6 fatty acid consumption. This comes from conventional meats, vegetable oils and grains. Reducing these can also help reduce inflammatory responses in your body too.
7. Eat meals more slowly. It takes the brain time to recognize and respond to the leptin signals. Gorging means you will consume a lot before feeling full, but will feel uncomfortably full afterwards.

Step #3 – Fight Hunger Hormones with Appetite Suppressing Foods

Now we know it is actually our hunger hormones that are responsible for our food cravings. However, hormones are the messengers of the body and all play different roles. There are some that influence how fast fat is stored in our body, what we want and others determine how we feel.

For example, the only way to satisfy the ghrelin hormone is to keep your stomach full of healthy foods, which in turn, suppresses your appetite.

Skipping meals is actually the worst thing you can do, as it can cause your cravings to become unbearable, which usually results in a bad-food binge. This is why crash diets and gimmicks often cause rebounding weight gain.

If a person makes the correct food choices, they can easily remain full and reduce their calorie intake by 500 calories a day. Over a year, this would equate to 50 lbs. of weight loss! 500 calories is equivalent to cutting out roughly one cheeseburger or 3 oz. of potato chips in one day.

Here are a few appetite suppressing foods to keep the grumbings away and fight your hunger pangs.

Apples

An apple a day truly can keep the doctor away. The pectin contained in the apple prevents blood sugar spikes which lead to increased fat storage. This soluble fiber helps people feel full while reducing the amount of calories and sugar



that is absorbed into the bloodstream after eating. These are just a couple of reasons why apples can become a dieters' best friend.

For those who wish to prevent Type 2 Diabetes, apples are also a wise choice. Consuming an apple will help you to avoid the common blood sugar crash that commonly leaves you craving more and more to eat. Amazingly, apple pectin can keep you satisfied for 1 to 2 hours!

Some people find the best results by consuming an apple prior to eating a meal or going out for supper, and others prefer to eat one soon after their meal. Either way, apple pectin will help you fill up longer and faster. It is an excellent snack choice between meals since it helps to keep your blood sugar balanced. You can also add apple pectin powder to your shakes, oatmeal and yogurt.

Bran

Wheat bran is an insoluble fiber that your body cannot digest. This actually means that it contains zero calories. It is great for making you feel full and then passing straight through you.



If you take 1 to 2 TBS of bran with a large glass of water, you will be able to stop the release of the ghrelin hormone for approximately an hour. The bran acts like a sponge in your stomach and absorbs water.

Although, make sure you drink plenty of water or you could easily become dehydrated.

If you have any sensitivity to wheat, you could use rice bran instead.

Green Tea

Green tea is known for its weight loss benefits.

There is an exceptional phytonutrient called epigallocatechin gallate or EGCG found in Green Tea. This substance increases another hormone which is



responsible for creating the feeling of fullness, so your ghrelin is quietened.

If we feel full between meals it is a huge part of our weight loss efforts and fighting potential weight gain.

Another benefit is that EGCG activates thermogenesis, which stimulates your metabolism, so that your cells are burning fat and energy.

Additional Appetite Suppressing Foods

Other things you can incorporate into your diet to help keep you feeling fuller longer include almonds and pine nuts, avocado, oatmeal and green leafy vegetables.

Your Next Steps

Now you know how hunger hormones work, you can use them to your advantage to keep yourself fuller for longer, so you can avoid bad food binges and lose weight more easily.

However, this is only *one* of the several things you need to do to lose weight quickly. Without these other elements in place, you'll usually struggle to make any noticeable progress.

If you'd like to speed up your weight loss by following a scientifically-proven method, simply click the big button below...

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To your healthier self!

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