



8 Ways to Tame a Raging Appetite

By Adam Campbell

When your stomach is screaming, “Feed me!”, all you want to do is reach for the closest consumable object. But just because you think you’re hungry doesn’t mean you really are. And eating the wrong thing at the wrong time can add back pounds you’ve worked so hard to drop.

Follow these rules to conquer hunger pangs and stay on track to achieve your weight-loss goals.

Guarantee Success

How long do you think you can stick to a new plan? Find a duration that you’re 100 percent confident you can achieve, even if it’s just a couple of days.

“Once you make it to your goal date, start the process over,” says Mary Vernon, M.D., president of the American Society of Bariatric Physicians. “This not only establishes the notion that you can be successful, but also gives you a chance to start noticing that eating better makes you feel better, reinforcing your desire to continue.”

Find More Motivation

If your diet’s only purpose is to help you fit into those skinny jeans, or get your waist below the “danger point-35 inches for women, 40 inches for men”, it may be hard to stick with for the long haul. The solution? “Provide yourself with additional motivators,” says Jeff Volek, Ph.D., R.D. He suggests monitoring migraines, heartburn, acne, canker sores, and sleep quality, along with

common measures of cardiovascular health. “Discovering that your new diet improves the quality of your life and health can be powerful motivation,” says Volek.

Don’t Dwell on Mistakes

Okay, you over-indulged. What’s the next step? “Forget about it,” says James Newman, a nutritionist at Tahlequah CityHospital, in Oklahoma, who followed his own advice to shed 250 pounds. (That’s right, 250 pounds.) “One meal doesn’t define your diet, so don’t assume that you’ve failed or fallen off the wagon,” he says. Institute a simple rule: Follow any “cheat” meal with at least five healthy meals and snacks. That ensures that you’ll be eating right more than 80 percent of the time.

Remember, there is NO FAILURE.....it is only FEEDBACK for what to do the NEXT time.

Plan for difficult times

Have snacks available to prevent semi-starvation from stealing your good judgment. Stash nuts in your car, veggies in transparent containers in the fridge, apple in your bag, single-serve vegetable juice nearby, always a container of cold water to temporarily delay hunger. You can’t be too prepared.

Eat Breakfast

Sure, you’ve heard this one before. But consider that if you sleep for 6 to 8 hours and then skip breakfast, your body is essentially running on fumes by the time you reach work. And that sends you desperately seeking sugar, which is easy to find. “The most convenient foods are often the same ones you should be avoiding,” says Berkowitz. That’s because they’re usually packed with sugar (candy bars, soda), lotsa sodium to retain water, or other fast-digesting carbohydrates (cookies, chips). Which leads to our next strategy.

Install Food Regulators

It’s time for a regime change. Clean out your cupboard and fridge, then restock them with almonds and other nuts, cheese, fruit and vegetables, low-sodium vegetable juice, and canned tuna, chicken, and salmon. And do the same at work. “By eliminating snacks that don’t match your diet but providing plenty that do, you’re far less likely to find yourself at the doughnut-shop drive-thru or the vending machine,” says Christopher Mohr, Ph.D., R.D., president of Mohr Results, in Louisville, Kentucky.

Make your choice foods MUCH more accessible than the hurtful foods.

Think like a Biochemist

It’s true: They make all-natural cookies. But even if a cookie is made with organic cane juice—or dehydrated cane crystals (some hippie names for sugar), it’s still junk food. Ditto for lots of “health foods” in the granola aisle. That’s because any cane-based sweeteners raise your blood

sugar just like the common white stuff. “If you’re going to eat a cookie, accept that you’re deviating from your plan, and then revert back to your diet afterward,” says Berkowitz. “By convincing yourself that it’s healthy, you’re only encouraging a bad habit.”

And while we are on sweeteners, the only safe one is Stevia...and yes, it can be organic without being hippie!

Recognize Hunger

Have a craving for sweets, even though you ate just an hour ago? Imagine eating a large, sizzling steak instead. “If you’re truly hungry, the steak will sound good, and you should eat,” says Richard Feinman, Ph.D., a professor of biochemistry at SUNY Downstate Medical Center, in New York City. “If it doesn’t sound good, your brain is playing tricks on you.” His advice: Change your environment, which can be as easy as going for a short walk, picking up a distracting magazine or finding a different task to focus on.