

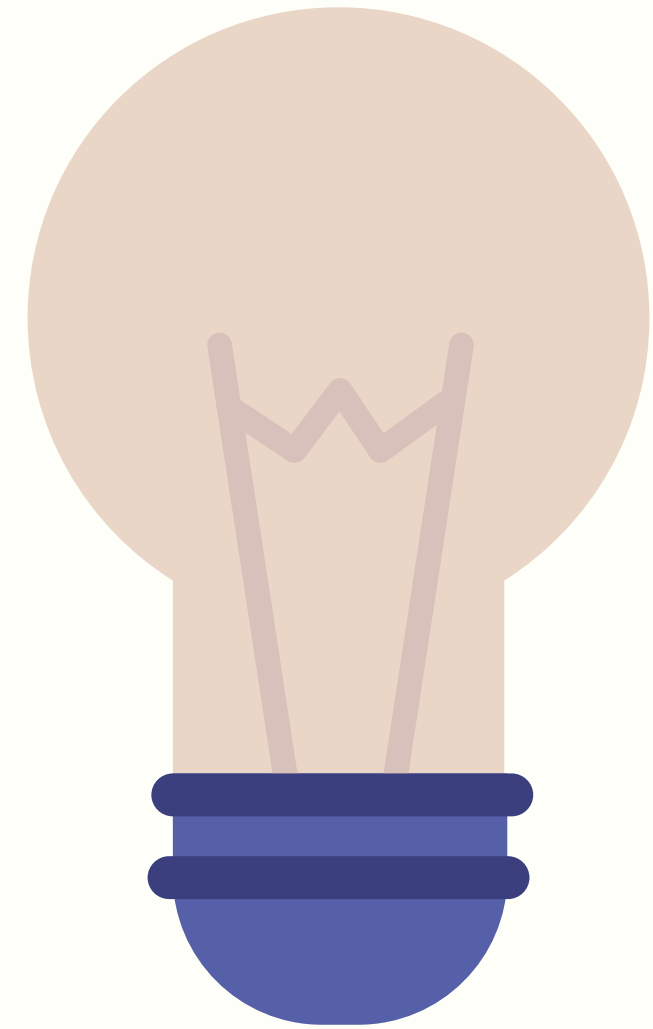
HUNGER/FULLNESS HORMONES

MaKai Nutrition LLC

INTUITION

DEFINITION

"the ability to understand something immediately, without the need for conscious reasoning"



WHAT IF WE DON'T HAVE INTUITION IN REGARD TO FOOD?

This takes time.

After periods of restriction and going against your intuition, your body loses trust in you.

It is important to re-instill that trust in your body so it can regulate your intuition again

WHAT DOES THAT MEAN?

When we diet:
Ghrelin increases
Leptin decreases

Ghrelin: Hormone that increases
appetite.

Leptin: Hormone that decreases
appetite.



How can we regulate ghrelin and leptin again?



CONSISTENCY

Eating 3 meals a day + snacks consistently reinstalls that trust, and will time our intuitive hormones will regulate again



ENOUGH

Eating enough, even if it feels "too much" during this phase is important. This helps to satisfy that "extreme hunger" you may be feeling after restriction



LISTENING

Listening to what signals you DO have right now is the most important thing to do. I don't care if you just ate 30 minutes ago, if you are still feeling hungry, eat.



REFLECTING

Reflection will help you get in tune with what your body is telling you. We so often ignore what our body is saying. During this phase, we will do a lot of reflecting, but with time, you will be able to listen more intuitively.

MENTAL HUNGER VS PHYSICAL HUNGER

Physical hunger is that physical feeling (such as your rumbling tummy) telling you you need food.

Mental hunger is the often a feeling of being physically not hungry but feeling unsatisfied.

In recovery, you need to listen to both.

ie. if you are thinking about food, eat.

REMINDER

**The more you go against your body,
the less it trusts you.**

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WHAT ABOUT EXTREME HUNGER?

Extreme hunger is what happens when you have prolonged extreme restrictions (ie. prolonged caloric deficits/ overexercising)

This is described as the sensation of being a "bottomless pit". Even when eating "enough" and feeling like you're full physically, mentally you just can't stop.

This is often accompanied by a loss of period (hypothalamic amenorrhea), decreased sex drive, irritability, feeling cold, and fatigue.

The way to heal this is the eat until true mental satiation. "All In"

Some references recommend a *minimum* of 2500 kcals consistently until the appetite and metabolism normalizes.

Two Approaches to Regulating Appetite

All-In

Eat whatever you want, when you want, as much as you need to feel mentally satisfied. Often focused on caloric density.

Pros: Faster, full mental satisfaction, less "thinking" about everything

Cons: Can be overwhelming, eating to uncomfortable fullness for awhile, bloating

Structured

Create routines, consistency, and curiosity

Pros: Less overwhelming, more guidance, more insight

Cons: May take longer, may still binge along the way, may mess with your mentality around "overeating"

STRUCTURED GOALS TO REGULATE HUNGER AND FULLNESS

- Journal on your hunger status throughout the day
- **Eat 3 meals a day** + snacks
- Stay hydrated
- Keep snacks on hand
- Be mindful of time
- Eat to full physical AND *mental* satisfaction

Action Steps

Post in the community for accountability



DECIDE YOUR APPROACH TO REGULATE APPETITE

Think about what best
supports your journey.
There's no wrong answer

Questions? Thoughts?