

REBOOT#5 - Appetite Suppressing Strategies

Ghrelin – the hormone that makes us hungry.

Leptin – the hormone is suppressing our hunger.

Inefficient sugar-metabolism drives up Ghrelin.

Efficient fat-metabolism drives up Leptin.

The Top 5 Appetite Suppressing Strategies.

1. *500ml Gassed Water pre-meal.*

- Fill your stomach with H₂O & CO₂ to pre-stretch your stomach wall.
- The stomach wall stretching signals to the brain to stop releasing Ghrelin.

2. *Add (a little) Fresh Ginger.*

- Ginger increases fullness faster and thus slows Ghrelin and the appetite.
- It's believed through a faster detection of digestion.
- Consider caffeine, like black/ green tea or black coffee (dash of cream) which also promotes Leptin.

3. *Include high fibre vegetables when you're most hungry.*

- E.g. Mix dark green leaf with cauliflower, turnips, fennel, or squash.
- And, eat these veggies early in the meal (if practical) – fibre reduces Ghrelin.

4. *Mix (a little) lean protein, good fat, and Salt.*

- Lean animal protein is metabolised more slowly than carbohydrates, both when chewing and in the gut – delaying and slowing metabolism and lowering Ghrelin.
- e.g. Lean meat, Eggs, Avocado, Chia & Sunflower Seeds, and Sea Salt (Na⁺ > increasing thirst>drinking water>expanding the gut> lowering ghrelin).

5. *Exercise before eating.*

- Exercise at 50-60% of your maximum sustainable effort.
- Easier continuous movement increases Leptin as you're relying on fat (ketones) for energy – during and well after the session.