



# ***PYT Weekly Training & Support***

## Lesson #5 How to Control Your Appetite

by Jim Katsoulis

Alright, welcome to this week's lesson. And what we're going to talk about today is how to control your appetite. But, in reality, the first thing we want to do on the path of controlling your appetite is to stop trying to control it. We want to become friends with your appetite. And the reason I mentioned this is because when it comes to weight loss, so often, your appetite can be seen as the enemy, the thing that's always signaling you to eat.

And if you look at the pills out there and the products out there, they're all about suppressing and ignoring your appetite like it's the enemy. And, in reality, it's not. Your appetite is a very natural function that lets you know when your body needs more nourishment.

And so, you need to begin to respect this part of you and to begin to listen to it. This is a very, very important reframe. One of the ways you can do this is when you begin using the word "nourishment" as opposed to just eating or calories or food. Those are kind of one dimensional and they don't do the service that you're going to get out of using the word "nourishment."

Now, if you believe that your body's a temple and that you are what you eat, you're going to want to think about what your body needs to thrive. And one of the big mistakes people make is they're eating diets that are low in nutritional value. If it's a highly-processed food diet you're eating, what ends up happening is that your body is craving those micronutrients that it gets out of fruits, vegetables, and leafy greens.

And so, it's sending you a signal to be hungry still. This is, oftentimes, why people can eat a lot of food and still feel hungry soon after because your body is not getting the nutrients that it truly is craving and needs and wants.

So, that's the first thing to understand. You want to nourish your body thinking in those terms. And it's not about doing it a hundred percent. It's about consistently making efforts to add more and more nourishing foods into your day. So, that's the first thing.

Now, the next thing I want to talk about in terms of appetite is the process of beginning to listen to it. Again, on a conscious and unconscious level, we've been taught to try and ignore our appetite and try not to listen to it.

And a pattern that a lot of people get into is they wake up in the morning, and they can ignore their appetite because it's not too strong, and they go through half the day and

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they try not to eat anything until it gets to the afternoon and evening and they're just ravenous. They're totally starving and what ends up happening is they just eat everything, and they can't control themselves, and they can't make good decisions.

If this is that pattern that you've been in, then you need to break it because it's very difficult to create a long-term successful strategy eating this way. It's because you're all over the place. It plays with your emotions. It plays with your blood sugar. It does all sorts of things to you.

So, what you want to think about is you don't want to get too hungry and you don't want to get too full. You kind of want to operate in this middle level where you can sense when you need nourishment, and you eat the right foods, the right amounts, and you stop when you still feel good.

Remember this. Your eating is there to energize you. It's there to give you energy. Ideally, when you finish a meal, you should have more energy than when you begin. You should still feel light. You should still feel like you can move around.

The turkey dinner on Thanksgiving where you just sit on the sofa and just recuperate from your hangover from food, we need to get away from that because, very often, people are experiencing something like that on a regular basis.

So, the way to handle that isn't just by trying to eat less food when you're starving. That's very difficult to do. A better strategy to do that is to keep yourself on an even keel. Possibly, another way to do this is to eat more food throughout the day, smaller portions but more times throughout the day. Maybe every 90 to 120 minutes, you have some sort of snack or some sort of food to eat, and that may keep you on a more even keel physiologically and mentally.

So, this is the secret. You want to begin to become friends with your appetite and to begin to listen to it. Become in tune with your appetite and trust it.

This is going to take a leap of faith when I say this probably because it's so different than what you're normally hearing. But as you begin to do this, you're going to begin to be able to trust yourself to let your body send you the signals that are letting you know that you need to have the nourishment that you want and need. And so, that's the first step.

So, let me give you some practical ones, though, as well. One of the first things that I think is so important is that you need to probably ... statistically, the majority of people in America, anyways, are dehydrated. And so, that dehydration signal to our brains, oftentimes, is interpreted as hunger.

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So, the first step is to begin drinking more water. I'm going to leave it up to you to figure out how much that should be. Find out what feels right and what's doable for you, and begin drinking more water.

It's going to satiate your body more. It's going to lubricate up the joints, and it's going to do a lot of good things physiologically, but it's also going to fill up your stomach to a certain degree, and it's going to give you a sense of a fuller feeling in your stomach which can help out as well.

And, again, what you want to do, ultimately, is you want to keep yourself on an even keel. You don't want to get really, really hungry and you don't want to get really, really full. You just want to operate right in that sweet spot.

And what that's probably going to involve is eating a better quality of food and a more nourishing type of food, maybe even eating more often probably, eating breakfast, eating throughout the day, and I'm not saying junk foods and full meals. I'm talking about smaller portions of more nutritious foods.

So, this can be a very easy way to do it because, again, think about how you've tried to stop your appetite before. You've probably tried to fight it and suppress it. But the method you may want to use now is to add ... it could be something like a small salad between breakfast and lunch or between lunch and dinner – adding like a banana or a fruit cup or something between breakfast and lunch.

So, this is a nice way to change your appetite because what's going to happen is you're going to add some more food in but you're going to find that ... for example, you eat breakfast and maybe you hadn't before. You have a fruit cup of bananas and some heavier fruits in between breakfast and lunch.

What's going to happen when lunchtime comes around, instead of starving and trying to stop yourself from eating everything, you're going to feel more balanced; and that's the point of all this, and it will be easier to make a different decision and you'll find that when you have more nourishment, your cravings are going to change. They're going to be better cravings; and the other thing is you're going to be more balanced so that you can control them easily.

So, in closing, become friends with your body. Recognize that it's a natural signal that your body is giving you to let you know that it's time for more and better nourishment. And so, the more you practice that in thinking this way, you're going to find that the whole process begins to shift and change for you. And it's a much more enjoyable way to do it rather than always fighting with yourself.

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So, have fun with this and play with it. Remember, this isn't something that you learn and it just happens automatically tomorrow. It's a consistent path – consistent steps to making this long term.

So, have a great week and I'll see you all next week.

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