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Are You Really Hungry? Know the Signs and Find the Best Weight Loss Supplement
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Article published on August 24th 2012 | [Fitness](#)

Why can't I lose weight? If you're asking yourself this question, there could be many answers. However, if you're aware that you simply eat too much or too often, there's a way you can help yourself. Using the best weight loss supplement is one thing. Another, is to identify when you're truly hungry.

On auto pilot

Picture this: it's the middle of the day, you're at your desk and you can't stop yourself from mindlessly digging into that bag of chips. Or it's late in the evening, you're watching TV and find yourself going to the kitchen for that bowl of ice cream, or bag of microwave popcorn. What's wrong with this picture?

What's wrong is that you're probably not that hungry. Often times we eat for reasons other than the need for food. If you can combat that issue, then you are on your way to true and long- lasting weight loss.

Take the controls

There should be three rules for eating.

• Eat only when you're stomach is truly empty and your body needs refueling.

• Is your stomach growling, or do you feel low on energy?

• Recognize the symptoms that can give you a "fake hungry" feeling.

Are you just looking for something to do? Try chewing gum, or occupying your brain or your hands.

• Learn to fill up with nutritious, fiber rich foods that don't stimulate your appetite.

Avoid artificial sweeteners, sugar, and simple carbs like white bread, potatoes, and pasta. They can actually make you want to eat more.

Yes, it can be hard to identify when you're truly hungry. The next time you're tempted to eat, stop and ask yourself if you are really hungry or if you are being sabotaged by the big 3.

1. Boredom: Most people overeat because they are bored. Having something to do with your hands and mouth can keep you feeling occupied. The next time you are watching a movie, or driving a long distance, try to think of something to focus on besides your stomach.

2. Thirst: Many people don't recognize the difference between hunger and thirst. It's quite possible that you don't really need that tasty treat you think you're craving. Try drinking a full glass of water first. Wait a few minutes, and if that nagging feeling in your mind goes away, then you've solved the problem.

3. Sleepiness: Oddly, not getting enough sleep can trigger feelings of hunger. Lack of sleep causes a shift in 2 hormone levels. One, ghrelin, stimulates appetite, the other, leptin lets your brain know

when you've had enough to eat. When those aren't functioning properly due to lack of sleep, your ability to control your eating is affected.

One of the most frustrating situations is when you have just eaten, but still feel "hungry". The problem here is that what you've eaten doesn't provide the nutrition, fiber, or protein that your body is looking for. While fatty, sugary foods taste great to us, they also sabotage our attempts to avoid overeating.

Healthy foods, or weight loss supplements have the necessary fiber to fill you up. They also contain other nutrients that signal your body it's gotten what it needs to perform. Don't keep diet busting foods in the home. Stock up on vegetables, fruit, lean protein and a few complex carbs. Having a convenient weight loss supplement is also the best way to satisfy real hunger.

A friend of mine is always asked how she stays so slim and healthy. Her response is "I eat to live, I don't live to eat." Training your brain to think of food as fuel, and not entertainment, or an emotional crutch isn't easy. But if you can, it will do wonders for your efforts to stay slim, healthy, and full of energy.

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Article Keywords:

best skin care products, weight loss products, natural hair products

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