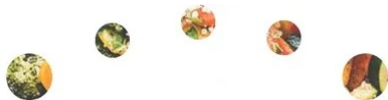


# How to Distinguish Real and False Hunger



Liberate yourself by learning the signs of genuine hunger.



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## How to Distinguish Real and False Hunger

There are loads of articles on how to lose weight and yet very few focus on the driver to weight gain: appetite. Or, better described as false appetite. In this article we show you how you can recognise the genuine signs of hunger and which are false. Once you learn to distinguish, you will then be empowered to choose to react only to the genuine signs of hunger.



### False Hunger Signs

Let's look at some of the signs that people mistakenly believe are hunger:

- *Tummy rumblings*
- *Feeling the tummy is empty*
- *Low energy*
- *Lacking concentration*
- *'Needing a boost'*
- *Feeling weak, dizzy*
- *Feeling thirsty*



### The One Real Sign of Hunger

Despite the many apparent signs of hunger that most of us react to from time to time, real hunger comes only from the back of the throat and is a calm, centred desire to eat food. This is the spot inside your throat, located on a level with the suprasternal notch (the rounded indent at the base of the front of your neck in between each collarbone). True hunger makes you gravitate towards natural, sugar-free foods. It is not an urgent feeling and you don't experience a sense of 'I have to eat now or I'll pass out'. Genuine hunger means that food now becomes interesting to you whereas, if you only ever eat in response to your natural appetite, you will find that all other times, you are not interested in eating because it is not required.

Similarly, once you have eaten enough, you will find that your natural appetite kicks in and the food on your plate almost instantly loses interest. This may even be mid-forkful!



## How to Ensure you Experience Only Genuine Hunger

To ensure that you only ever experience this real sign of hunger and none of the false signs here is what we recommend:



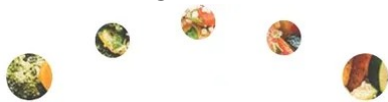
### 1. Keep Hydrated to Avoid False Hunger Symptoms

Ideally with mineral rich water. If you experience hunger within 3 hours of eating, drink a glass of water and you may well find the hunger goes away.



### 2. Eat pH Balanced Foods to Minimise Tummy Rumbblings

Limit acidic forming foods by following a pH balanced diet and this will reduce excess stomach acid and the false hunger signs of tummy rumbblings that this can create. In practice this means that the bulk of your plate will contain vegetables and salads. Calories come mainly from low-acidic protein sources and healthy fats, some nuts such as almonds and limited low-acidic forming grains such as quinoa. If you do choose to eat acidic forming foods (and this is completely normal!), recognise that you may experience tummy rumbblings and simply drinking a glass of water will help alleviate these feelings.



### 3. Limit Stimulants to Keep Blood Sugar Levels Constant

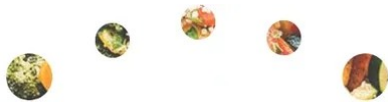
Limit stimulants, such as caffeine and depressants, such as alcohol and this will help keep your blood sugar levels constant. This will then reduce the false hunger signs of lack of concentration, weakness, dizziness and irritability. When your blood sugar levels are constant, your appetite normalises and you are no longer triggered to eat when you don't need to. If you do consume any stimulants, recognise there will be a temporary increase in appetite as a result but if you just wait a few hours you will find that both your blood sugar levels and appetite normalise.



### 4. Avoid Foods that Score 7+ on the 150+ Foods Stress Test

Try to limit or avoid foods that score more than 7 on the 150+ Foods Stress Test, as this will reduce production of adrenalin and keep sugar levels balanced. If you do eat foods

that cause stress on the body, recognise that you may experience false hunger during the next 24 hours.



### **5. Minimise Sugars to Stop Insulin Levels Spiking**

Avoid foods that stimulate insulin production, such as sugar and quick-release carbohydrates such as white flour, to ensure your body doesn't over produce insulin due to raised blood sugar levels. If you eat insulin spiking foods, you may start to feel low energy, lacking concentration and shakiness. Both time (about 1-2 hours) and deep breathing will help alleviate these feelings.



### **6. Eat Slowly to Avoid Over Eating**

Try to avoid rushing your food so you don't over eat, since over-eating trains your body to expect more food and its appetite increases accordingly. If you find yourself eating quickly during a meal, slow down your breathing and be present in the moment. Look at the food on your plate and feel gratitude towards it. This will help centre yourself and relieve the stress that is causing you to eat quickly.



### **7. Chew to Release Nutrients to Avoid Cravings**

Chew thoroughly, to ensure maximum release of nutrients so your body doesn't ask you for more food to satisfy its nutrient quota. If you find you are regularly swallowing after 3-4 chews, then consider an organic, plant-based 75 mineral supplement and a complete food-based vitamin supplement, such as one containing organic greens and berries.



### **8. Intermittent Fasting to Minimise Insulin**

Eat within an 8-9 hour window, called intermittent fasting, to minimise production of insulin and keep appetite in check. Most of us are used to food on demand and the transition from eating through the day to a limited time window may be hard at first. We recommend that you start with the meal which is least important to you (breakfast or evening meal. If it's breakfast, aim to eat this an hour later; if it's your evening meal, aim to eat this an hour earlier. If this is not practical, then instead, start to reduce the quantities of one of those meals so that you end up cutting it out altogether. Make sure you increase the quantities of the other meals you eat so you are eating enough food.



## 9. Help Your Body to Follow its Natural Cycles

Your body has 3 cycles that it loves to follow and if you work with these rhythms, it naturally helps you to follow intermittent fasting:

- 12pm - 8pm : *Digestion*
- 8pm - 4am : *Assimilation*
- 4am - 12pm : *Elimination*

**Digestion** is when it's best to eat. If you can also combine the Tree Foods / Above-Ground Foods / Below-Ground Foods philosophy of eating (see below) this will greatly enhance your well being.

**Assimilation** is when the body is converting the consumed food into usable biochemicals

**Elimination** is when the body's eliminatory processes are most active; especially the liver. This is the time when it's best to avoid food entirely, or to eat light, easily digestible foods such as fruit that are easy for the digestive system to process so it can focus on its elimination tasks.

If you can ensure that your food consumption falls between 12pm and 8pm, give or take half an hour, you will find that your body thanks you for this with a feeling of greater balance.



## 10. Different Foods Work Better at Different Times of Day

Another way to help rebalance the body is the incorporating the Tree / Above-Ground / Below-Ground Foods way of eating. Just as with the natural rhythms in 9. above, this system helps you work in harmony with your body and puts less strain on the digestive mechanisms, so helping to achieve more balance (and natural appetite as a result). The system works as follows by recommending you consume:

- *Tree Foods until 12pm*
- *Above-Ground Foods 12pm - 4pm*
- *Below-Ground Foods 4pm - 8pm*

Remember, this is not a rigid instruction, simply a guide.

**Tree foods** are those grown on trees at heights of at least 1.2m / 4 foot and include fruits, nuts, coffee, cacao.

**Above-Ground Foods** are grown on the ground and in bushes and include vegetables, grains, pulses; and cheese is included in this category.

**Below-Ground Foods** include potatoes, sweet potatoes, onions (roasting is considered an ideal cooking method for these vegetables); and also eggs and fish.



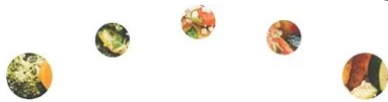


### **Flexibility is Bliss as These are Guidelines not Rules!**

With all of the above points, flexibility is the key here. We are absolutely not suggesting that you follow all points 1-10 rigidly. Just by incorporating some ideas some of the time you are taking huge steps towards feeling better.

The other issue with these guidelines is that, in point 10 above, the tree food category is recommended for consumption until 12pm and we've just seen above that this coincides with the body's elimination cycle. We find that compromise is a wonderful solution to almost everything and we find that eating a breakfast of mainly tree foods somewhere between 11.30-12pm works well.

This philosophy is not meant to restrict eating and it's perfectly OK to mix Tree; Above-Ground and Below-Ground foods all in the same meal. What makes a difference is the balance on the plate, so you if you were to follow this system, you would aim to eat mainly tree foods at breakfast, then have a meal with a good quantity of above-ground foods at lunch and make your last evening meal with a significant amount of below-ground foods in the evening.



### **What Happens When Following Natural Appetite?**

If you manage to implement the steps above and then find yourself being able to respond only to your natural appetite, you will feel much more energetic with a steady, constant supply of energy all day long. This energy will naturally taper off towards the end of the day and your sleep should be deeper as you are not going to sleep with a tummy full of food. During the day you won't experience tummy rumblings, or lack of concentration and energy slumps in the afternoon will be a thing of the past. Your ability to stay alert will last all day long. You won't need to rush to eat and if food is delayed it won't cause you to feel bad or 'starving'.



### **Effortless Weight Loss is a Natural Consequence of Normalising Appetite**

The other consequence of listening to your natural appetite is that your weight will reduce gradually without any effort, calorie restriction or intentional dieting. You also may find that your stomach shrinks as the adrenal glands are no longer working overtime, insulin levels are normalised and so belly fat is naturally reduced as a consequence.



### **Maintaining a Natural Appetite with a Busy, Working Lifestyle**

Life is never easy and making a change to the way you eat can be challenging, especially if you have a family routine or busy working day. We recommend picking one thing on this list that to you seems easiest to implement and attempting to follow this for a greater proportion of your week. Then when you have that mastered, introduce another item on the list and keep going until that becomes your new normal way of eating. Eventually you will find your appetite reduces and you will start to recognise more easily the false hunger signs that you once believed were real hunger. Any false hunger signs that crop up normally disappear with time or a glass of water so if you have a heavy weekend of partying, expect to feel extra hungry for a few days and use the deep breathing technique to overcome these feelings if possible.



### **Feel Better Than Before**

No one is perfect and perfection is an ideal that few of us can achieve. However, 'better than before' is a great place to aim for so why not have a go at implementing some of these suggestions to see if you can feel better than you used to be?

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