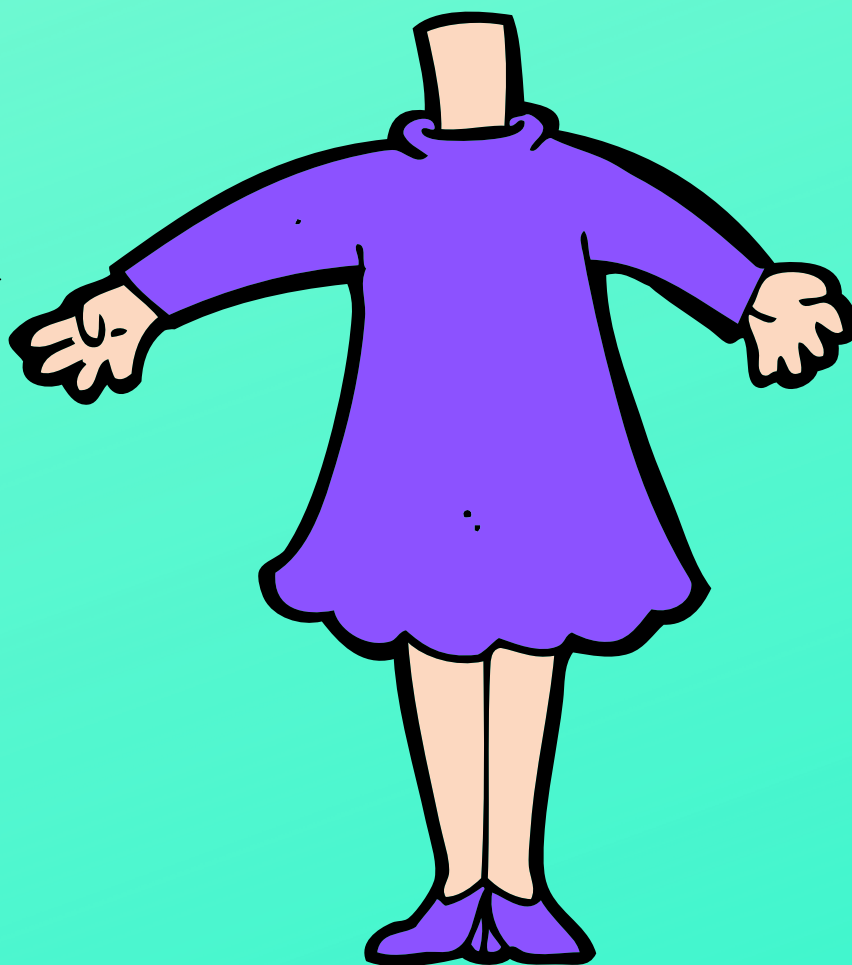




FEELINGS
START IN THE
BRAIN AND
TRAVEL TO THE
BODY. EXAMPLES:
ANXIETY,
LONELY,
EXCITED, FUNNY,
CALM, TIRED,
BORED

THE IMPORTANT DIFFERENCE BETWEEN SENSATIONS AND FEELINGS

SENSATIONS
START IN THE
BODY AND
TRAVEL TO
THE BRAIN,
LIKE HOT,
COLD,
HUNGRY,
FATIGUE.





EATING A DIET WITH A LOT OF FLOUR AND SUGAR CAUSES YOUR BODY'S NATURAL HUNGER SENSATIONS TO BE THROWN OFF BALANCE. THE RESULT IS YOUR BODY DOESN'T KNOW THE DIFFERENCE BETWEEN THE SENSATION OF HUNGER AND THE FEELING OF HUNGER.



YOUR BRAIN THINKS IT NEEDS MORE FOOD WITH FLOUR AND SUGAR TO SATISFY THE FEELING OF HUNGER, WHILE YOUR BODY DOESN'T KNOW WHEN THE SENSATION OF HUNGER IS PRESENT BECAUSE THERE ISN'T A CHANGE TO KNOW WHAT THAT SENSATION FEELS LIKE IN THE BODY. INTERRUPTING THIS CYCLE AND RESETTING THE HUNGER AND DESIRE SCALE IS KEY TO DEVELOPING EATING HABITS TO FUEL YOUR BODY.

HOW TO CHECK HUNGER SENSATION AND FEELING SCALES

SENSATION OF HUNGER

NOTICE THE SENSATIONS IN YOUR BODY TELLING YOU WHEN IT'S TIME TO EAT SOMETHING.

PICTURE A SCALE OF STARVING AT ONE END AND ON THE OTHER IS STUFFED AT THANKSGIVING. YOUR HUNGER FOR FOOD BEGINS WHEN IT TIPS ONE NOTCH TOWARDS STARVING. ANYTIME YOU EAT ON THE OPPOSITE SIDE MEANS YOU'RE NOT EATING BECAUSE OF THE SENSATION, BUT BECAUSE OF A FEELING.



FEELING OF HUNGER

NOTICE WHEN YOU WANT TO EAT SOMETHING, ESPECIALLY FLOUR AND SUGAR, WHEN YOUR HUNGER SCALE ISN'T TIPPING TOWARDS STARVING. FEEL THE FEELING IN YOUR BODY WITHOUT EATING.

YOU'LL KNOW IF IT'S THE SENSATION OF HUNGER OR THE FEELING OF HUNGER IF EATING A BAKED POTATO WITH NOTHING ON IT WOULD SATISFY THE SENSATION OF HUNGER. IF IT DOESN'T SATISFY THE HUNGER, THEN YOU ARE FEELING AN EMOTION,

Plain baked potato

Yes!

Sensation of
hunger



Plain baked potato

No!

Feeling of hunger

TIPS FOR SUCCESS IN RESETTING SENSATIONS AND FEELINGS OF HUNGER

- NOTICE THE AMOUNT OF FLOUR AND SUGAR IN YOUR CURRENT DIET OR EATING HABITS.
- NOTICE THE ROUTINE OR LACK OF ROUTINE AROUND WHEN YOU EAT.
- PAY ATTENTION TO YOUR BODY'S HUNGER CUES
- BE A DETECTIVE IN WHAT IT FEELS LIKE IN YOUR BODY TO EXPERIENCE THE SENSATION OF HUNGER.
- BE A DETECTIVE AND FIND OUT WHEN YOU WANT TO EAT SOMETHING AND YOU AREN'T EXPERIENCING THE SENSATION OF HUNGER.
- NOTICE WHAT FEELINGS YOU WANT TO FEED WITH FOOD.
- THINK ABOUT REMOVING FLOUR AND SUGAR FROM YOUR DIET FOR ONE WEEK.

**Now is the best time to learn how to do this.
I've figured this out and make it simple for you to be successful.
All you have to do to solve this is to first click below.**



YES! I WANT KNOW HOW!