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**How To Recover Fullness & Unleash  
Your Permanent Weight Loss  
Potential**

**@RedPillWeightLoss**

# Disclaimers

## Medical Disclaimer

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# Obesity Physiology

Explained In One Page

An entirely new definition of obesity: a physiologically disordered cyclical state that results in excessive, unwanted, and hazardous fat storage.

The cycle:

Excessive fat storage is caused by excessive eating. Excessive eating is caused by excessive appetite. Excessive appetite is caused by disordered appetite regulation. Disordered appetite regulation is caused by inflammation. Inflammation is caused by excessive visceral fat stores and inflammatory food intake.

If we regulate the appetite, we fix everything downstream *and* upstream, effectively breaking the cycle. Fat loss follows. All other metabolic health-linked conditions improve or disappear.

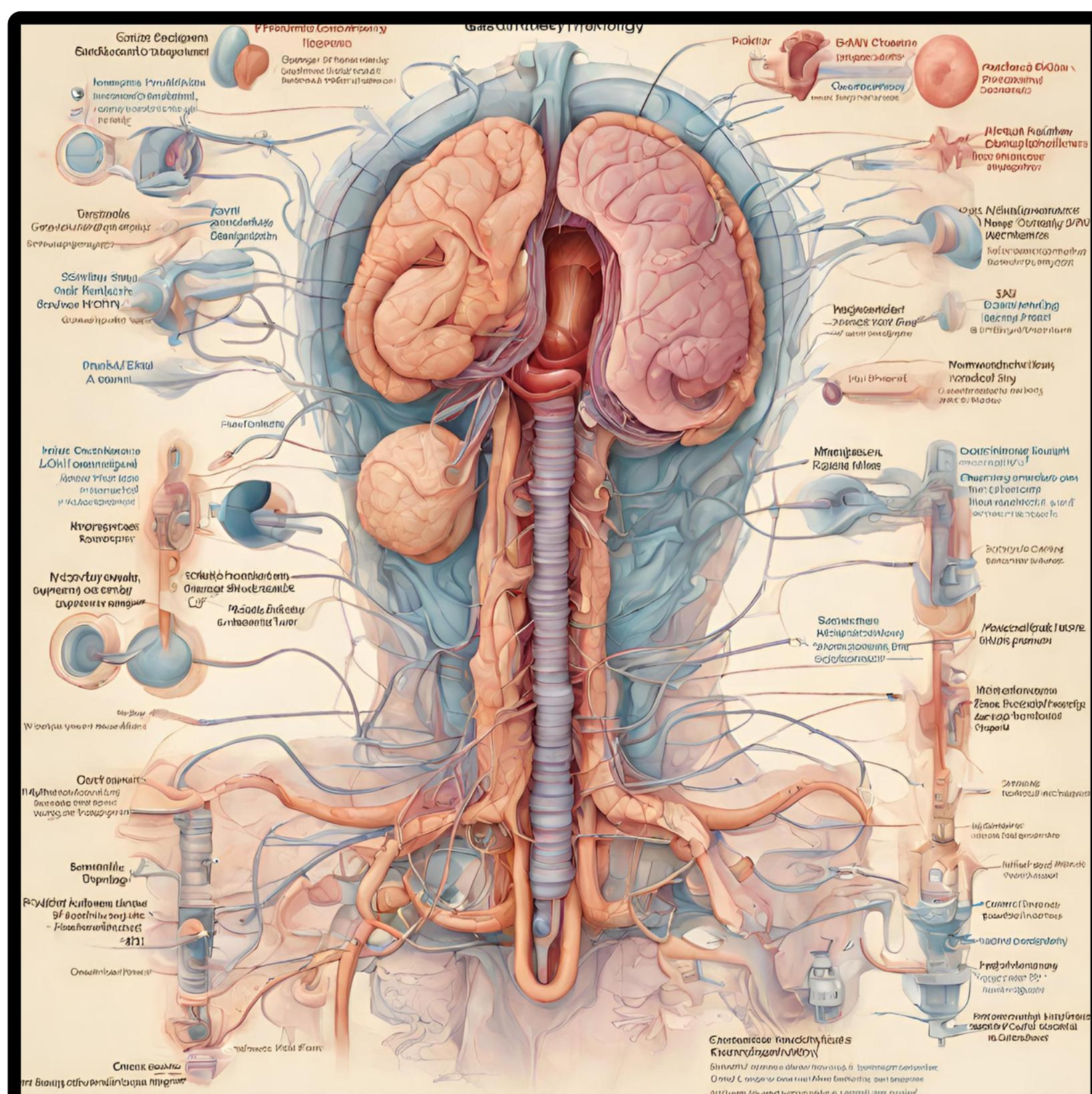


# Human Appetite Regulation

Ozempic and other GLP-1 meds have shown us that appetite suppression is the key to weight loss. The hormones that suppress appetite in humans:

- GLP-1
  - Oxyntomodulin
  - PYY (found in low levels in obese individuals)
  - Cholecystokinin
  - Pancreatic Polypeptide
  - Leptin (resistance in obese individuals)

We can stimulate our bodies to produce more of these hormones. And, we can do it without GLP-1 medication risks (cancer, pancreatitis, suicidal thoughts, bowel obstructions, etc).



# Master List

Meet the Four Horsemen of Satiety.

These simple foods stimulate secretion of appetite-suppressing hormones in humans. Yes, there are many other foods that do the same, but these four are *extremely low in calories and cheap*. (go to appendix A for the big list). Buy these now (organic when possible to avoid contaminants and ensure purity). In a few pages, you'll learn an easy strategy to implement all of these into your daily life.

- Spinach powder
- Fiber powder
  - Unsweetened
- Vinegar
  - Easy source: Bragg Apple Cider Vinegar (ACV) caps
- Protein powder
  - Unsweetened, unflavored is best
  - Doesn't matter which type, though whey is the cheapest



# Bonus Master List

## Foods that Increase Resting Metabolic Rate

Proven to increase resting metabolism, these things will make it possible for you to lose weight without *extreme* activities. If you have high blood pressure or anxiety, skip anything that has caffeine.

- Green tea extract capsules
- Cayenne Pepper
  - Easy source: large bag of organic cayenne
- Coffee or Yerba Mate
  - Yerba Mate may increase GLP-1 levels and suppress appetite as well



# Bonus Master List 2

Powerful, Simple, and Easy Hacks To Eat Less

These obscure hacks will help you eat less, period.

- Drink 2 cups of water straight up before every meal
  - EASY. DO IT AT EVERY MEAL.
- Eat an apple before each meal



# What To Do For Breakthrough Hunger

These are simple and easy ways to squash cravings quickly and avoid stalling your progress.

- The power of mint (shown to reduce appetite signals in the brain)
  - Chew strong minty gum
  - Use mint BoomBoom (or other smell stick)
  - Drink peppermint tea
- Eat an apple
- Drink 2 glasses of water

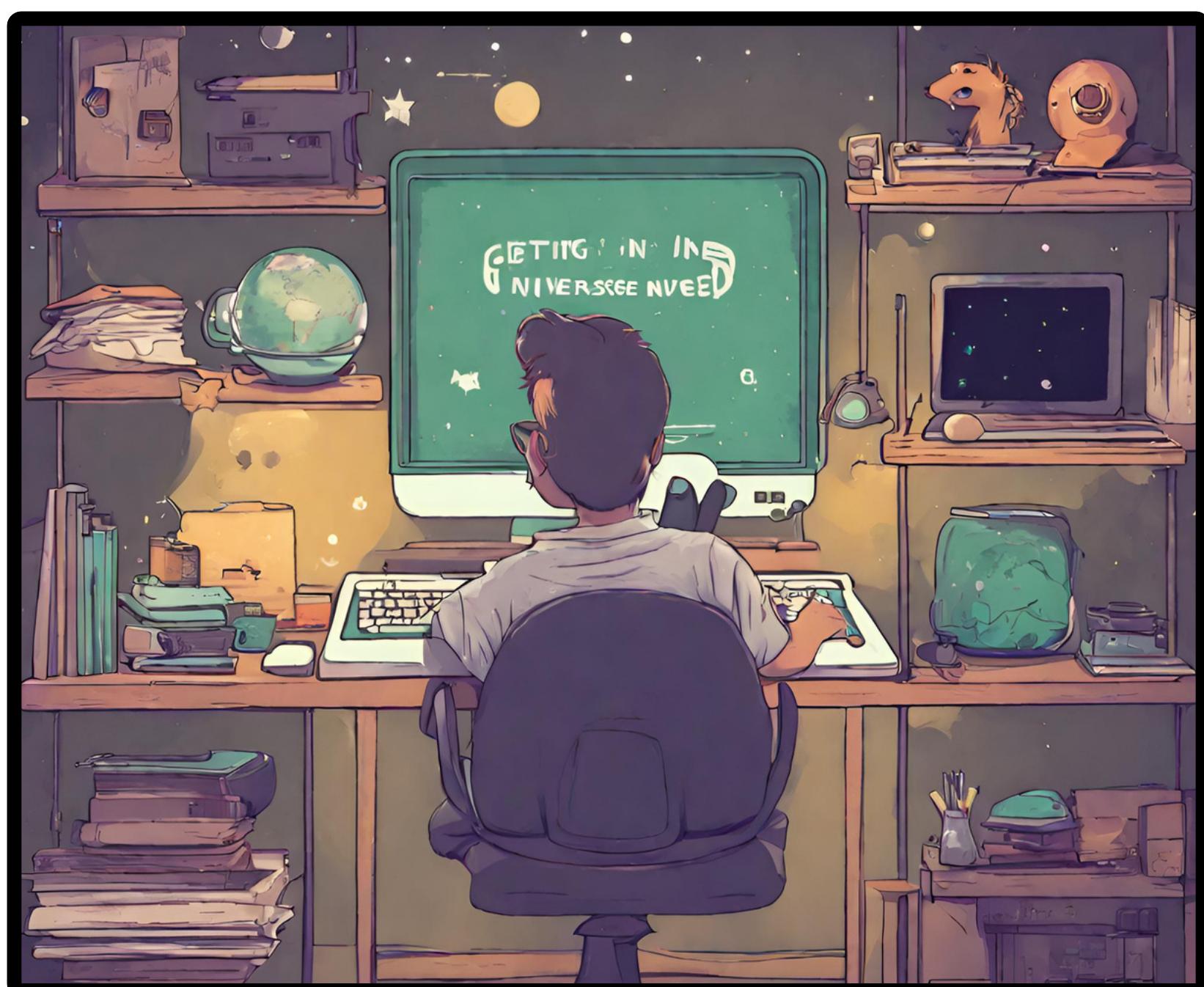


# Implementation

There are SO MANY ways to lose weight. *Ultimately, the best way is the one that works for you forever.* You have to do this forever to maintain your weight loss. With that in mind, in my practice I find that most people can do one of the following forever:

1. Time-restricted feeding (stop eating at 4-6pm)
2. Meal replacement

All other approaches are likely to fail after a few months. I find that most can't keep up low carb, carnivore, keto, vegan, vegetarian, paleo, pegan, macro, or even calorie tracking for longer than a few months at best. This is why I encourage all to try one of the choices above.



# Implementation

## Continued

### Time-Restricted Feeding (TRF):

You eat within a 6-8 hour feeding window, resulting in 16-18 hours without food per day. Anything more aggressive becomes impossible to maintain for most. You pick the eating window. For example, 8am-4pm. Yes, evidence shows that there isn't much magic; it's just another way to get that calorie cut. But again, if this feels like something you can do forever, do it!

### Meal Replacement:

Have a simple shake for breakfast and lunch, dinner is something healthy (not fast food or restaurant food). Use the ingredients in your shake (example, chocolate protein powder mixed with water, cayenne pepper, fiber powder and spinach powder. Take with ACV caps and green tea extract. Repeat for lunch.

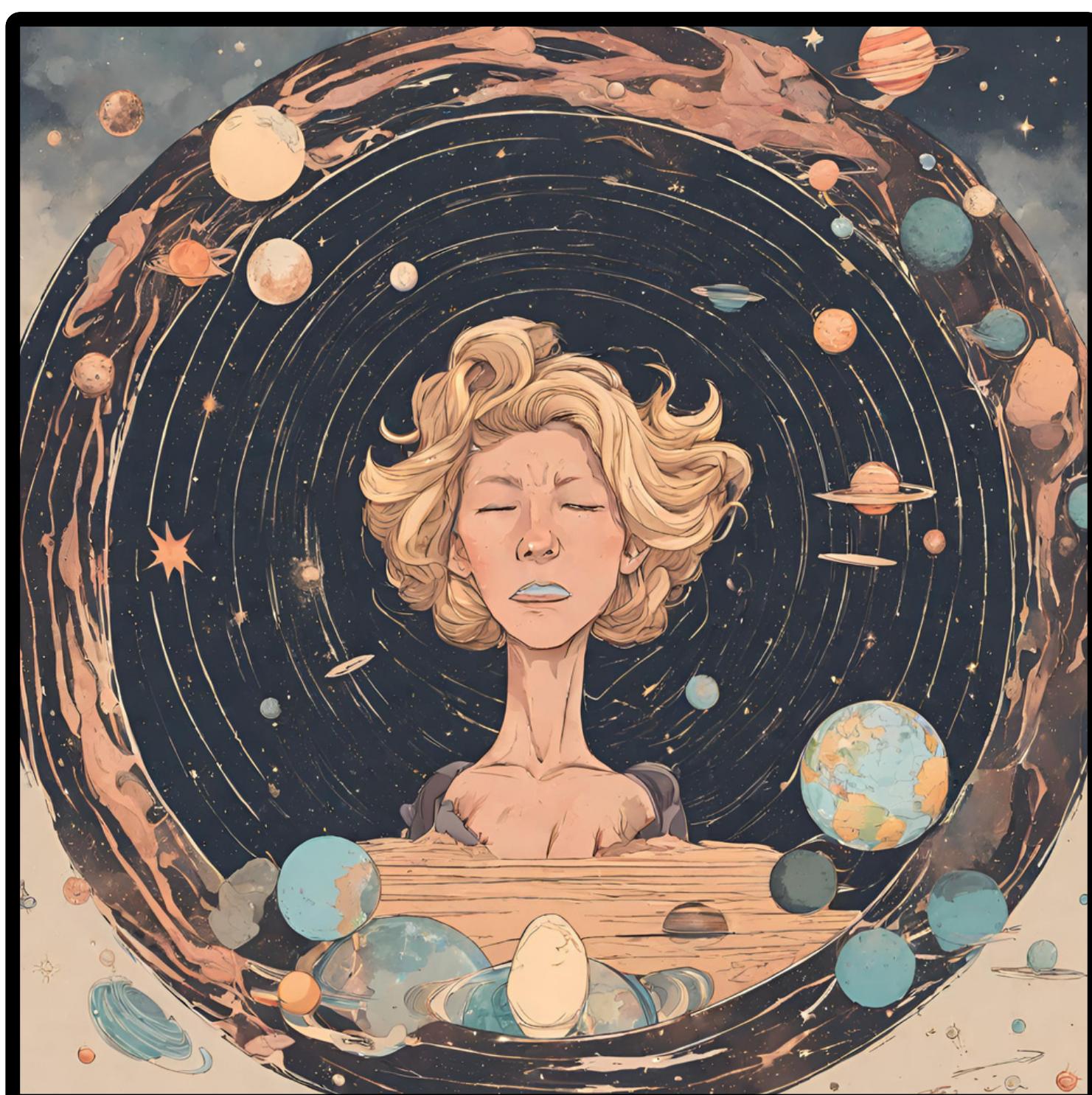


# Motivation

Nobody talks about motivation in weight loss! Part of getting this right is suppressing the appetite. The other part is fixing your mental health and bullshit. Getting your motivation right *first* will ~~iox~~ your chances of success.

It turns out that the following exercise is PROVEN to improve mental and physical health SIGNIFICANTLY, scientifically and reproducibly. **GET IT DONE.**

It is so incredibly simple, but it will give you an edge over so many others who fail at long-term weight loss and maintenance!



# Motivation

## Continued

Grab a notebook or your computer. Find a place that's quiet. Set a timer for 15-30 minutes depending on your schedule. It's best to avoid doing this right before bedtime.

Once you're ready, start the timer and write about the MOST DIFFICULT situation you've ever been through. Write until the timer stops. Don't worry about spelling or grammar. Don't worry about things making sense. Just keep writing until the timer runs out. Tie the situation you write about to your weight struggles. Once you're done, delete it or throw it away forever.

- Repeat this another 3 times over the next 3 days, for a total of 4 days writing about your most difficult experience and tying it back to your weight
  - If doing this 4 days in a row is too hard, then do it once a week for 4 weeks. As long as you do 4 sessions within a month, the benefits are proven.
- If needed, give yourself some time after to relax as this can be pretty intense



# Exercise

Let's not bullshit ourselves here. Exercise certainly helps improve metabolic health and has so many benefits. It's proven to be a big part of life for those who lose weight and maintain. But please don't think you can go from zero activity to doing hours at the gym from one day to the next. It's the same mistake I see with exercise that I see with diets. People get all crazy about it and quit after weeks-months.

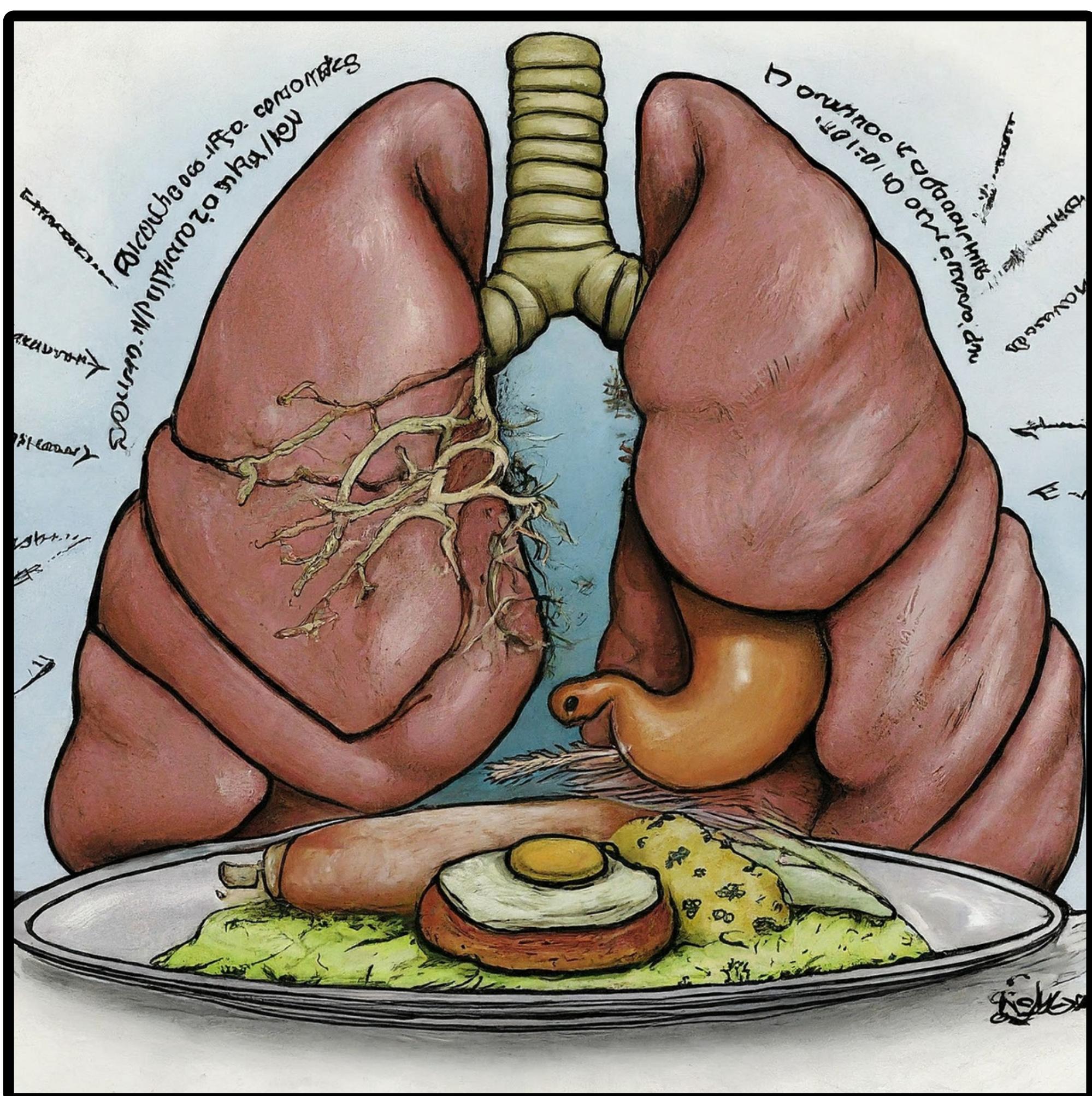
With that in mind, do increase your activity level *slowly*. if you're starting at zero, just do a little walking. Add more as you feel more comfortable. The goal is to hit 150 minutes per week on most weeks of moderate-vigorous exercise. Some of us take a whole year to get there and that's fine.

Do something that you can look forward to, whether that's going to the gym, going for a walk/jog, going for a hike, or just doing a little something in your garage. *Anything and everything counts.*



# Conclusion

Satiety rules. Feeling full allows us to achieve the needed calorie restriction for weight loss and will help us avoid the dreaded rebound that is seen with every single gimmick diet out there, as well as GLP-1 medications. Make the 4 Horsemen a part of your daily routine and understand now that this has to be permanent. Obesity isn't just calorie excess, it's a cycle as described at the beginning of this book. To break the cycle, we have to change our lives. Your time is now.



# Appendix A

## MORE FOODS, SPICES, AND SUPPLEMENTS THAT ARE PROVEN TO DECREASE APPETITE AND/OR CALORIE INTAKE IN HUMANS

<u>Foods</u>	<u>Spices</u>	<u>Supplements</u>
<ul style="list-style-type: none"><li>• Apples</li><li>• Beans</li><li>• Lentils</li><li>• Lean meats</li><li>• Eggs</li><li>• Greek yogurt (unsweet)</li><li>• Dark green veggies</li></ul>	<ul style="list-style-type: none"><li>• Cayenne pepper</li><li>• Ginger</li><li>• Cinnamon</li><li>• Black Cumin</li><li>• Turmeric</li><li>• Fenugreek</li></ul>	<ul style="list-style-type: none"><li>• Fiber (esp psyllium)</li><li>• Glucomannan</li><li>• Conjugated Linoleic Acid</li><li>• Berberine</li><li>• Garcinia</li></ul>



*Deciphering Satiety* is dedicated to all the people in this world who, like myself, have struggled with obesity since childhood. To those who've been made fun of. To those who've struggled with shame and guilt. To those who've tried diets and exercise. To those who've been through all the ups and downs.

After years of struggles, I believe I finally found the answers in my studies to obtain an Obesity Medicine Board Certification. I chose to ignore the noise about Ozempic, and instead I chose to focus on the research around foods, supplements, and motivation.

Please spread as much love as you can in online communities and spread the message about appetite suppression. I love all of you who are in this struggle with me and I wish you all the best in your weight loss and metabolic health journey.

**@RedPillWeightLoss**

