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hunger pangs

THE SIX TYPES OF HUNGER

Most people just think hunger is hunger. They are not aware of the different types. The six types of hunger are important because they allow you to discover why you are hungry and how to counter this.

1. normal hunger

Natural hunger is a calm desire for food. It builds gradually and evenly. It can usually be battled against fairly easily until it rises to a high level. The goal of any programme to get into shape should be to create a situation where this is the only type of hunger you experience in your life. When this is the case you will feel calm, controlled and have an easy relationship with food.

2. water hunger

A thirst for water is almost indistinguishable from a normal hunger feeling. It usually grows gradually and evenly. It will be like normal hunger in that it is a fairly calm request on the body and you can easily manage it. However, if you keep eating instead of drinking water when you are water hungry, you may find yourself continually eating and suffering and low-level but significant uneasy feeling.

3. cell energy hunger

A cell energy hunger is one of the most common causes of hunger and perhaps the biggest reason people wrongly blame their eating on emotions when it is, in fact, biochemically based. It happens when you eat a meal with the incorrect ratio of protein, carbohydrate and fat for your body. The hunger will appear quickly and can become very strong. The feeling is uncomfortable and there is a real desire for food. It is not in your head. Resistance to this hunger is difficult.

4. blood sugar hunger

This is perhaps the most powerful hunger of them all. When your blood sugar levels drop below a certain value, your hormone system begins to kick in to regulate your metabolism. The onset is fast. When certain values are hit in the blood glucose you



Low blood sugar problems can be resolved in the short term by eating regularly and ensuring you are eating in accordance to your ideal ratio of protein, carbohydrates and fat.

5. addictive substance hunger

An addictive substance hunger is another cause of a hunger feeling. This can come from non-nutritional sources such as a smoker's withdrawal symptoms or from the removal of a food substance; e.g., sugar, wheat etc. This hunger lies in the background. It is not a strong hunger like cell energy or blood sugar hungers but it operates at a consistent low level. It is a sort of uneasy hunger feeling. This type of hunger does not last too long – it will pass after a few days.

6. emotional hunger

True emotional hunger has nothing to do with nutritional cravings. An emotional craving has a very fast onset, often instantaneously. It is usually difficult to battle if you are unaware of your thought processes. Emotional eating can take many forms. You see a picture of a chocolate bar in a magazine and all of a sudden you are craving it. Often emotional behaviours are habits over pure emotional needs.

the interplay of the different hungers

It is when you experience more than one hunger simultaneously that most people crack and end up eating rubbish. The most powerful combination is an emotional hunger and any other hunger. The key thing for you is to not allow situations where more than one hunger can hit you in combination. The best way to prevent this happening is by undergoing a metabolic typing test, which covers all aspects of nutrition and controlling hunger. **fp**



Ben Wilson is a personal trainer, nutritionist and emotional freedom technique therapist. He has one of the highest success rates for weight loss in all of the UK. This article is an extract from his upcoming book detailing the different mindsets between people who succeed and fail at weight loss. For more information contact him at