



Graceful Weight Loss - Three Silly, but Very Effective Rules

Silly Weight Loss Rule #1:

It's not about less calories. It's about controlling your hunger.

Permanent weight loss is not rocket science. But it is science, nonetheless.

The difficulty with weight loss programs is they concentrate, one way or another, on you eating less. They want you to control the end result - less calories - rather than concentrating on eliminating the triggers that cause you to eat too many calories - your hunger.



If you want to control your hunger – your appetite – you have to know what creates your hunger in the first place.

The surprising fact is that hunger is less about what you haven't eaten in a while, than it is about the food you just began eating, and the kind of food you ate in your last meal.

The most prominent trigger of hunger is the status of your blood sugar:

- If your blood sugar is low when you begin to eat (because you haven't eaten in a while), you can count on over-eating in the present meal

- If your previous meal was big, or contained a lot of fast sugars (high glycemic) foods, you are going to over-eat in your present meal

- If you begin your meal with fast sugars, appetizers, or caffeine or alcohol, you are going to over-eat in that meal

Conclusion #1: Controlling your hunger is the first step on your road to permanent weight loss. And that begins with learning how you get hungry in the first place.

Silly Weight Loss Rule #2:

Don't eat appetizers.

Have you ever been to a restaurant and the menu starts out with, guess what? "FREE Appetizers."

Think about it. What is an appetizer? If a restaurant is selling you their "appetizers," or worse, if the appetizers are FREE, it can't be because they want you to eat less. Can you see that?

"Appetizer" foods are designed to make you hungrier. That is their purpose, to make you want to eat more – to make your body REALLY hungry, and demand that you eat a lot as soon as possible – just before you order your food. **And every restaurant uses appetizers to make sure you buy more food than you otherwise would.**

Have you ever just sat down at a restaurant and they quickly give you a hot loaf of "free" bread? Why would they do that? To kill your appetite before they can tell you the "specials of the day"?

Bread is an appetizer (as are crackers and pretzels and a lot of other foods). They quickly tell your body, “eat more and do it now, dummy.”



Why is the “cocktail hour” just before mealtime? The answer to that is not an insignificant point.

Cocktails are fiendishly great APPETITE INCREASERS. The stronger the liquor, the greater your appetite. So, too, are those little hors d’oeuvres they serve with them. Now all alcoholic beverages quickly increase your appetite, but the classic martini-type drinks just do it faster and better.

Now, back to the restaurant. **Notice how they ALWAYS ask for your drink order first? Is that because they are concerned that you just might be thirsty?** Here is the deal: Not only do alcoholic beverages make you order and eat more (plus the calories in them), but caffeinated beverages (coffee or sodas), and drinks sweetened with high fructose corn syrup, or artificial sweeteners, also INCREASE YOUR APPETITE.

Thus, if you owned a restaurant, wouldn’t you take the drink orders first, and while you were preparing them, give the table a free loaf of hot bread?

How do you control your appetite?

Conclusion #2: Don’t eat appetizers, nor have alcohol or soft drinks drinks BEFORE your meal.

Silly Weight Loss Rule #3: Don't NOT Eat.



There is something important to know about about NOT EATING meals – skipping them to lose weight.

When you don't eat, "saving your calories" for the next meal, you're not fooling your body. You are just playing games with your mind.

When you skip a meal, so you can feel better about eating the next one, a bigger one – your body knows. It slows your metabolism just enough to compensate for the skipped calories. So, you are already in a zero-sum calorie game. **You really haven't "saved" anything.**

Then when you do eat, you will end up with low blood sugar just before you eat again. As a result, you get a **DOUBLE hunger whammy.**

THE FIRST WHAMMY - You become unreasonably hungry. You eat too fast, you eat too much, and you throw down the highest calorie food in sight. And you can't help

yourself. **You know you are doing it, but you do it anyway.**

THE SECOND WHAMMY - Your body, knowing you may starve it again soon, says to itself, "Hey, Self, this dummy that is feeding us is doing it sporadically. So, let's just save the next 300 calories we eat, and store them as fat. That way we'll at least have some fat around to tide us over the next time we don't get fed on schedule."

Meanwhile your metabolism is still depressed, so you have some extra, unused calories to dispose of at your next meal. Guess what your body does with those extra calories? Can you spell "F-A-T"?

Hmmm. Skip a meal. Lower your metabolism. Eat more. Store as fat. Overeat. Store more fat.

Makes sense, this skipping a meal business. **It's the perfect prescription for a person successfully trying to GAIN weight.** Anyone want to get on that plan?

Conclusion #3: Don't NOT eat

Losing weight is about mindful choices. Choices you make one bite at a time.

Three Silly RULES (but they work):

1. Control your hunger.
2. Don't eat appetizers.
3. Don't NOT eat.

These certainly aren't the only Rules you need to follow to lose weight, but they are an effective place to get started. **Isn't that what you wanted - finding a simple, graceful way to get started in losing weight?**



– Boyd Jentzsch

© 2009, 2010, 2014 Boyd Jentsch. All rights reserved.

HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart