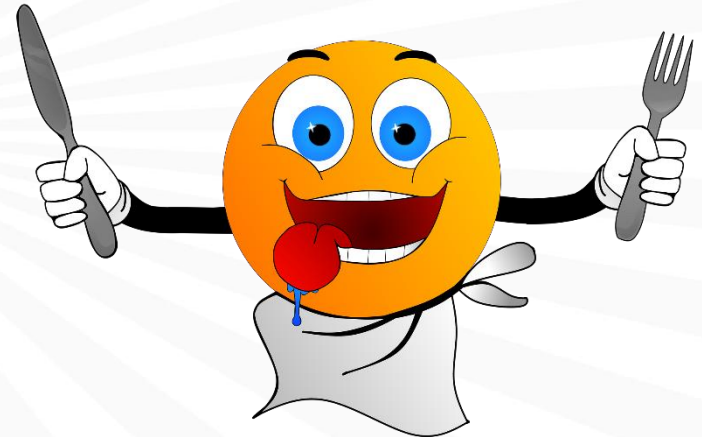




THE FASTING PODCAST **WOW**: EPISODE 116 – SATIETY – FATS, CARBS OR PROTEINS?

EPISODE 116: SATIETY – FATS, CARBS OR PROTEIN?

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



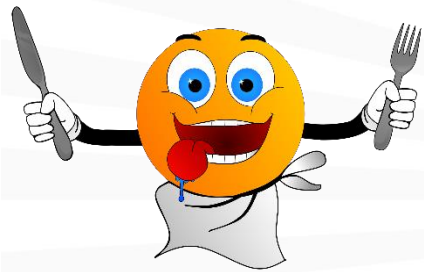
Host: Julie Phillips, CNHP



THE FASTING PODCAST WOW: EPISODE 116 – SATIETY – FATS, CARBS OR PROTEINS?

What About Satiety?


- Satiety is a feeling of being satisfied with food eaten, such that we aren't quickly craving more food or hungry prematurely
- If we eat a satisfying meal, we may go 3-5 hours between meals
- Satiety is KEY to weight loss & maintenance as well as achieving our desired fasting window or duration, yet few plans talk about it
- Dehydration is often a barrier to satiety – mistaking thirst for hunger
- Processed refined man-made foods are not good at satiating us physiologically – instead consider organic natural foods with variety
- In what sequence may we think of satiating organic macronutrients?
 - 1) PROTEIN
 - 2) FIBER-rich foods (special form of carbohydrates – episode 63)
 - 3) HEALTHY FATS (which can trigger our leptin/ghrelin hormones well)
 - 4) NON-FIBER CARBS (which affect insulin levels, not very satiating)





THE FASTING PODCAST WOW: EPISODE 116 – SATIETY – FATS, CARBS OR PROTEINS?

Avoid Hindrances & Enhance Satiety

- 
- Besides processed food, dehydration, insufficient protein & fiber, excess carbs...
 - Nutrient deficiency either missing from diet or good absorption – gut health
 - Emotional or stress-related issues – mindful eating and stress management
 - Needing to spend more time eating – about 20 min for brain to register fullness
 - Poor or insufficient deep sleep where leptin/ghrelin balancing needed (ep 115)
 - Start a meal with healthy broth-based soup or nutrient-dense raw organic salad
 - Include high fiber organic choices that take longer to digest & may feel full longer
 - Include water-rich foods like greens, veggies, watermelon, oranges, peaches
 - Include high quality proteins in most meals (previous episodes on protein/muscle)
 - Spices like red cayenne pepper, herbs, seasonings may enhance satiety
 - Choose organic healthy fats including proteins with fats, veggies like avocado...
 - Consider vinegar, which may lower glucose & insulin response to a meal, > satiety
 - PLENTIFUL PURE WATER mostly away from meals, half weight in ounces/day
 - Consider eating from a small sized plate, feeling free to “clean the plate”
 - Stay busy between meals and enjoy your company if eating with others
 - Keep variety in your eating, organic whenever possible
 - Healthy gut with friendly flora, extra enzymes, 2-3 good BM/day, kill candida etc.
 - Consider a fasting window of 16-18 hours per day eating 2 or 3 meals w/o snacks



THE FASTING PODCAST WOW: EPISODE 116 – SATIETY – FATS, CARBS OR PROTEINS?

Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions such as which supplement brands I prefer and quantities with timing and feedback, email Julie@JPWOWPrograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

