

Dealing with Hunger, Boredom or Frustration

When you are hungry, it is so uncomfortable. It's a situation that can cause disaster, too. (Meaning cheating.) Usually the hunger will get better. Your body is going through some changes including withdrawal from carbs. Eating an orange or grapefruit might help the low sugar feelings.

So what to do? I have done the diet 5 times. These are just my own suggestions. You won't find this on Dr. Simeon's Pounds and Inches.



1) What I found helped me the best, whether I was really hungry, bored, feeling empty, wanted to snack, tempted to eat something not on the diet, emotionally upset, or whatever it was--I popped a piece of gum. BUT, not just any gum. Some gum can make you hungry. I found some sugar free, green tea diet gum and sometimes I found it with Hoodia that is known to help hunger. It "saved me" many times. I like Mega-T Green Tea Gum. One piece is equal to two cups of green tea, so you get those benefits, too. I often found it on Ebay.ca or else sometimes in Walmart. Some health food stores carry different green tea and diet gums, definitely check Whole Foods.

2) Spices. So what else can you do for hunger? I found three avenues to slay this dragon. When you are hungry you need help RIGHT NOW! There are the emotional needs, physical needs, and real hunger, so let's stick with food right now. I discovered that spices can help. If you will slice up a tomato and sprinkle on salt, pepper and some Italian spices, it is surprisingly good at alleviating hunger. Use good spices on your fish or chicken and you will be more satisfied. Next time I will send on some recipes, including my Blackened Chicken Spice Recipe that I have already sent to a few of you.

3) Eggs. Dr. Simeon's allowed one egg and two egg whites for vegetarians, for a meat substitute. So that got me to thinking and one day when we had some hard boiled eggs around, I ate one with salt and pepper. It was between meals and so I cut back on my chicken in the next meal. I suppose it was the fat in the egg yolk, but I was able to get through until the next meal just fine.

4) Candy. Yes! Sugar free, fat free, hard candy from Spry. It is a life-saver. I started carrying them around in my purse. I prefer the gum, but hard candy can help too.

5) How many times have you ever brushed your teeth and then decided you didn't want to eat anything? It can be quite effective.

6) This is a trick I learned, but it can be dangerous, so be careful. If you are really tempted to eat something right in front of you, and it is calling your name really hard, and you feel like you just can't resist, I have on occasion, taken one small bite, but didn't swallow. You can see how this can be tricky. I have done a lot of cooking for family and a few times I felt I needed to taste something, but didn't dare. But rarely, I did taste it, but discretely spit it back out, because getting on the scales with a weight loss the next morning, was more important to me, than eating something so delectable. So then I would go on in my mind and imagine how it would taste to eat more and taste it in my mind, eat it in my mind, and imagine swallowing it, and soon I found I could go without eating more. Isn't that weird? If it doesn't work for you, that's fine. If it scares you, don't even try it.

7) When I went through any kind of "hunger spell" which usually was the first week of a new round of the diet, I found it helped me to go online to our Facebook group "HCG DIET CANADA SUPPORT". I would read what others were writing, asking, and offering for advice, and it really helped motivate me to stick with the diet. Also, you can see some before and after pictures.



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.

8) If you spend some time daydreaming of a future time when you are slim and imagine an incident that would be especially pleasing you can pull up this "memory" at a "emergency" time. I especially like to imagine a big hug from a delectable male, real or imaginary, and his arms wrapping around my tiny waist and he says to me, "My, you are skinny." It is surprising how well this three second distraction can save you from indulging.

9) Also, I now take iodine in the form of Kelp, a supplement. Iodine in fish is known to help you lose better because it helps up your metabolism. Iodine is so needed in the diet, that it is added to salt. Please do yourself a favor and only use Iodized salt. Iodine can help prevent hair loss, too.

10) Walking can up one's metabolism and I read recently that a short 30 minute walk releases chemicals in the body that actually reduce appetite. It is a good distraction and psychologically, if you start your day with a walk, you are much less tempted to eat something you shouldn't, but I always thought it was just psychological. Now I know it is based on something physical, too.

11) Adding fresh herbs spices to any HCG Diet meal can really REALLY make a huge difference and stop food boredom. These top 10 herbs will add so much flavour to your meal that even chicken for the 30th time will be exciting rather than dreaded: basil, parsley, cilantro, mint, rosemary, thyme, sage, chives, dill and oregano.

12) Green tea. I also drink it as much as I can. I often combine it with lemon or orange tea. It helps to drink hot or cold tea. It isn't just the fluid volume, but the tea itself that helps with appetite. I have been known to take green tea diet capsules. Anything to keep on the diet.

13) If you are a snacker and find it hard to go without eating something, I found it really helps to have wonderfully grilled and seasoned chicken, cubed and saved in a zip-lock bag in the refrigerator, for a between meal snack. Just one or two cubes can really put off hunger and because it is low calorie protein I haven't encountered a stall.

14) Flavored coffee can help between meals. I never like flavored coffee when I'm not on the diet. I find it interesting how my desires change so dramatically, but while on the diet, flavored coffees can really be a treat. Here's a recipe from someone who wrote this week.

Linda says, "I make a cappuccino in the morning frozen in my blender. I use instant coffee, 5 oz water, English toffee stevia, dark chocolate stevia, 1 pack truvia, vanilla stevia, 1 oz milk and 4-5 ice cubes..... frozen frappiccino that has lots of sweet flavors and no calories other than an oz. of 2% milk."



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