

"THE FEELING HUNGRY DIET"

IF YOU WANT TO LOSE WEIGHT YOUR FAT CELLS MUST GIVE UP SOME OF THEIR FAT. THE BREAKDOWN OF FAT IS CALLED LIPOLYSIS. YOU WON'T LOSE ANY WEIGHT UNTIL YOUR FAT CELLS RELEASE THE FAT INTO THE CIRCULATION. THE FAT CELLS WON'T RELEASE THE FAT UNTIL DIRECTED TO DO SO BY A HORMONE. THIS HORMONE COMES FROM THE BRAIN. THE FAT RELEASING HORMONE OR STIMULATOR OF LIPOLYSIS IS MADE AND RELEASED FROM THE BRAIN WHEN YOU FEEL HUNGRY. IT MAY ALSO BE GENERATED BY EXERCISE AND SO FEELING HUNGRY AND EXERCISE ARE THE 2 MOST POWERFUL WAYS OF INDUCING LIPOLYSIS. SOME PEOPLE ENJOY TAKING EXERCISE AND SOME PEOPLE HATE TAKING EXERCISE. MOST PEOPLE DON'T LIKE FEELING HUNGRY, BUT IT IS SOMETIMES INCONVENIENT TO HAVE TO TAKE EXERCISE WHEREAS IT DOESN'T WASTE ANY TIME TO FEEL HUNGRY.

SOME PEOPLE BELIEVE THAT THE ONLY WAY TO LOSE WEIGHT IS TO TAKE EXERCISE. THIS IS NOT STRICTLY CORRECT ALTHOUGH IT WILL BE VERY BENEFICIAL TO TAKE EXERCISE FOR OTHER REASONS, SUCH AS YOUR HEART AND CARDIOVASCULAR SYSTEM. HOWEVER, THE AMOUNT OF WEIGHT THAT YOU CAN LOSE BY TAKING EXERCISE IS NOT VERY MUCH MORE THAN SIMPLY BY GOING HUNGRY AND YOU WILL LOSE VERY FEW MORE CALORIES BY RUNNING A MARATHON THAN YOU WOULD BY NOT EATING FOR 8 TO 10 HOURS.

IF YOU ARE A NON-EXERCISER AND YOU WANT TO LOSE WEIGHT THEN YOU BASICALLY HAVE TO STOP EATING AND MAKE YOURSELF FEEL HUNGRY. YOU WILL HAVE TO CHANGE YOUR ATTITUDE TO FEELING HUNGRY AND WELCOME IT BECAUSE THE LONGER YOU ARE HUNGRY THE MORE YOU WILL INDUCE YOUR FAT CELLS TO GIVE UP THEIR FAT AND THE MORE WEIGHT YOU WILL LOSE. THE EASIEST WAY TO DO THIS IS TO MISS ONE OF YOUR REGULAR MEALS AND GO WITHOUT FOOD FOR LONGER AND LONGER EACH DAY. SOME PEOPLE FEEL FAINT IF THEY DO THIS, BUT MOST PEOPLE DON'T PROVIDED THEY KEEP A HIGH FLUID INTAKE WHICH MEANS DRINKING LOTS AND LOTS OF WATER OR TEA OR COFFEE OR OTHER DRINKS WITH NO CALORIES.

MOST PEOPLE, WHEN THEY START TO FEEL HUNGRY FIND AN INTENSE HUNGER TYPE PAIN WHICH LASTS FOR ABOUT 15 MINUTES TO HALF AN HOUR AND THEN THIS URGENCY TO EAT WEARS OFF AND BECOMES LESS INTENSE. THIS IS WHAT YOU MIGHT CALL THE HUNGER BARRIER AND IF YOU CAN RESIST THIS TEMPTATION TO EAT WHEN YOUR BODY SAYS YOU MUST EAT, YOU WILL START TO LOSE WEIGHT.

IF YOU KEEP YOUR TUMMY BUSY BY DRINKING LOTS OF FLUID THIS MAKES THE HUNGER LESS INTENSE, BUT THE ONE THING YOU MUSTN'T DO IS TO EAT ANYTHING WITH CALORIES IN IT BECAUSE AS SOON AS YOU HAVE ANY CALORIES IT WILL SWITCH OFF THE PRODUCTION OF THE HORMONE FROM THE BRAIN TO THE FAT CELLS AND YOU WILL STOP THE LIPOLYSIS ALMOST INSTANTLY AND YOU WON'T LOSE WEIGHT. THIS IS WHY IT IS SO IMPORTANT NOT TO SNACK BETWEEN MEALS.

EVERY TIME YOU THINK YOU WANT TO HAVE SOMETHING TO EAT GO AND DRINK A GLASS OF WATER OR CUP OF TEA OR COFFEE WITH MINIMAL CALORIES. TAP WATER VARIES ENORMOUSLY IN ITS QUALITY OF TASTE AND YOU WILL PROBABLY

FIND IT EASIER TO DRINK LARGE QUANTITIES OF FILTERED WATER THAN ORDINARY TAP WATER WHICH IS CHLORINATED.

THE HUNGRY DIET WORKS BEST IF YOU REDUCE YOUR TOTAL CALORIE INTAKE PER DAY AS WELL AS FEELING HUNGRY FOR AS LONG AS POSSIBLE EVERY DAY. IT IS TEMPTING TO COMPENSATE FOR THE LACK OF FOOD DURING THE DAY BY EATING MORE IN YOUR REMAINING MAIN MEAL, BUT TRY TO RESIST THIS TEMPTATION.

THE HUNGRY DIET WON'T BE SUITABLE FOR QUITE A LOT OF PEOPLE, DIABETICS IN PARTICULAR. SOME PEOPLE FIND HUNGER DIFFICULT TO COPE WITH BUT ONCE YOU HAVE FORCED YOURSELF TO DO IT ON ONE DAY IT IS MUCH EASIER TO DO THE SAME THING THE FOLLOWING DAY AND SO ON. REMEMBER THAT THERE ARE MILLIONS OF PEOPLE AROUND THE WORLD WHO HAVE TO COPE WITH HUNGER EVERY DAY.

SOME PEOPLE HATE DRINKING WATER. I ADVISE THAT YOU TRY OUT LOTS OF DIFFERENT SOURCES OF WATER BECAUSE IT CAN TASTE VERY DIFFERENT AND ONE CAN DEVELOP A CONNOISSEUR'S SKILL IN ASSESSING IT AND YOU CAN HAVE FUN TRYING OUT LOTS OF DIFFERENT TYPES OF TEA BECAUSE THE SAME TEA LEAVES WILL PRODUCE DIFFERENT TASTES ACCORDING TO THE TYPE OF WATER IT IS BREWED IN.

NB: BEST OF LUCK!

PS: I WAS 15 STONE AND MANAGED TO GET DOWN TO 13 STONE IN A MATTER OF A FEW WEEKS. I THOUGHT THAT IT WAS GOING TO BE DIFFICULT BUT FOUND IT REMARKABLY EASY.

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