

[IMAGE]

3 Ways to Curb Hunger

Water bottle - Copyright © Stock Photo / Register Mark **Drink Water**

Simply put, drinking water makes you feel full, which makes you less likely to overeat or "cheat" between meals. In addition to the many health benefits of drinking 6-8 glasses of water a day, water is recommended as a weight-loss aid - experts suggest drinking a full glass of water before eating a meal if you're trying to drop pounds. Fill up with water and there won't be room to gorge.

Stress ball - Copyright © Stock Photo / Register Mark **Control Stress**

Stress is a major contributor to binge eating; think about the last time you were in a stressful situation; was food one of the things you relied on to relax? Comfort eating is prevalent in our stressful society, and it's a dangerous thing; in fact, it may be one of the major reasons the majority of Americans are overweight and suffering from weight-related health problems.

Eat Regularly

Cheese and crackers - Copyright © Stock Photo / Register Mark It may sound counterintuitive, but it's true: The more frequently you eat small, wellrounded meals, the less prone you are to hunger pangs. Eating 4-6 meals and snacks throughout the day keeps your blood glucose levels stabilized and continually feeds the body with fuel, which can help you avoid those sudden urges to down an entire container of ice cream or bag of chips.

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