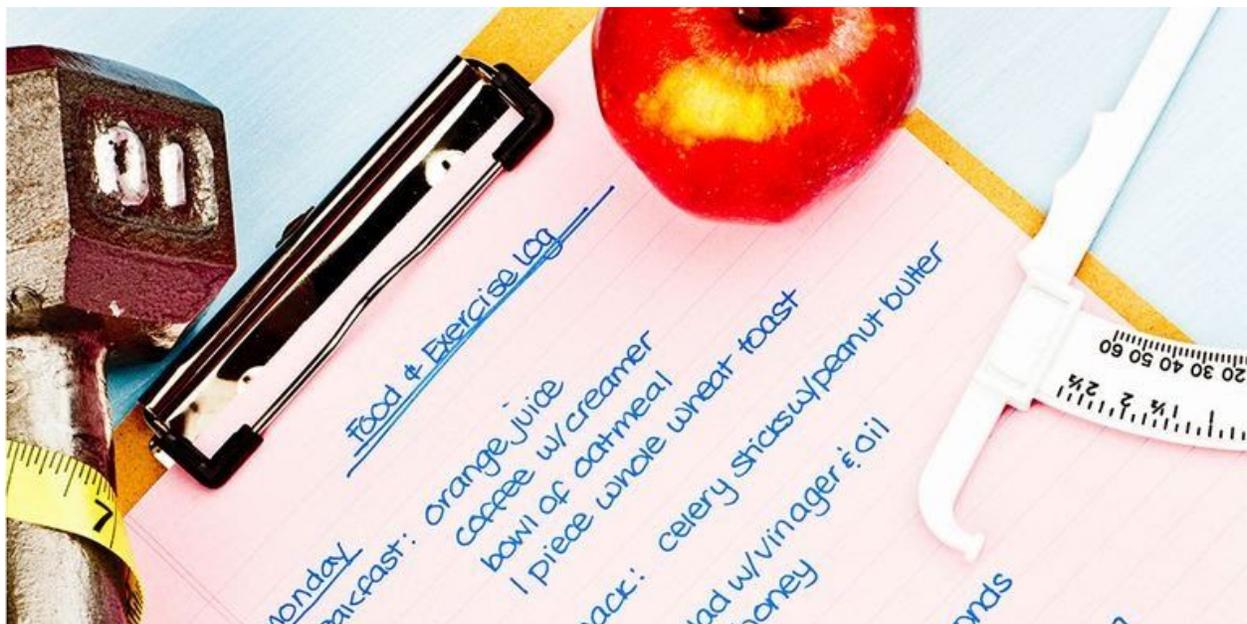


# 'I've Helped Hundreds Of People Lose Weight—This Is The Best Way To See Results'

It's all about knowing what type of hunger you're feeling.

BY LAURA CIPULLO AS TOLD TO ALEXANDRIA GOMEZ

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As a registered dietitian, I've spent years helping women lose weight and lead healthier lives. Over time, through education and working with clients, I've learned which approaches are most effective when it comes to weight loss, and I explained my findings in *Women's Health's The Body Clock Diet*. The three-phase plan I describe in the book is what I've seen work best for my clients: a total-body reset that allows them to approach weight loss in a holistic way. My philosophy is that if you're eating healthily, sleeping enough,

exercising, and generally practicing the right amount of self-care, then yes, you can have your cake and literally eat it too.

If a client is looking to lose weight, I strongly recommend food journaling. In fact, there's a complete step-by-step guide to food journaling in *WH's The Body Clock Diet*. I think this helps people practice mindfulness in the moment while also having a chance to see food trend overtime.

The most important part of food journaling is categorizing the type of hunger beforehand. I break it down into three possibilities in *The Body Clock Diet*: emotional, behavioral, and physical. Emotional eating encompasses anything that's prompted by pure thought and feeling, for example when you eat because you're bored or want to be comforted. Behavioral eating is essentially Pavlovian eating. For example, you may have grown up grabbing a snack after school every afternoon, so now, whenever you return home, you think it's time to eat. Last is physical hunger (a.k.a. actual hunger) which is when your body is physically signaling you to eat. Those signals may come in the form of a growling stomach or even a headache if you've gone a while without eating. Another type of physical hunger is that which occurs in people with leptin imbalances. Leptin is your hunger hormone and when it becomes imbalanced (typically due to poor eating/exercise habits), you may feel hungry constantly even when your body doesn't require any additional food. If you experience symptoms of leptin imbalance, you can see a nutritionist in order to create an eating plan to put you back on track.

So how do you tell the difference? Typically, emotional hunger comes on suddenly, craves comfort foods, isn't satisfied even when you're full, and triggers feelings of guilt and a lack of control. Contrastingly, physical hunger comes on gradually, is satisfied by all foods, and goes away once you're full.

As humans, we all are disposed to eating for reasons other than hunger from time to time, and that's okay. However, knowledge is power and being able to determine when and why we eat what we do can help us be better equipped to beat bad habits. One major tip I share with clients looking to break up with their bad habits is to use what we refer to in *The Body Clock Diet* as a Comfort Card. That means getting up and doing something else that brings you pleasure other than food—that could mean taking a walk with a friend, playing the piano, or catching up with a good book. For a complete guide to

tackling every kind of hunger out there, you can get *WH's The Body Clock Diet* [HERE](#).