

How to Ride Out the Hunger Wave

When fasting, it is almost inevitable that you will experience hunger. You should expect it, especially at around the times that you normally eat. But there are some simple hints and tips on how to handle it.



HUNGER IS A WAVE

Hunger does not keep getting worse and worse if you don't eat. Rather, the hunger wave will build to a peak, and then dissipate. Knowing this is powerful information. If you stay busy, working, reading, playing sports etc, you'll soon forget about it and the hunger goes away. Make yourself a to-do list and keep yourself busy. Keep your mind occupied and not thinking about your stomach.



DRINK WATER/ GREEN TEA/ COFFEE

Dehydration can trigger hunger, so ensuring you drink enough water to keep hydrated will help. Another great trick is to make yourself a big hot cup of green tea or coffee when you feel hungry. By the time you've finished it, the hunger wave will have largely passed. Green tea contains natural appetite suppressants, and there are several varieties of green teas specially formulated for fasting.



GET OUT OF THE KITCHEN/ HOUSE

It's hard to avoid eating when you are surrounded by food. Set yourself up for success by taking yourself out of the 'danger' zone where food cues are all around. Try taking a walk or meeting for a coffee date with a friend.



DRINK BONE BROTH

Bone broth does contain some calories and nutrients, so this is not a true fast. However, many people get great results from this, so if it makes fasting easier, go for it. It's also great for keeping electrolytes in line, and can help get over a hunger wave.



TAKE SOME SALT

Also great for electrolytes and helping with hydration.



EAT HIGH HEALTHY FAT/ LOW CARB DIET

Eating lots of healthy fats keep you satiated longer. Also, keeping the carbs low and staying away from highly processed foods will avoid sugar spikes, which can increase your hunger.