

Re: A disappointing week

Source: <http://sci.tech-archive.net/Archive/sci.med/2004-12/1441.html>

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Date: 12/09/04

Date: Wed, 08 Dec 2004 21:46:58 -0500

wondering@worldnet.com wrote:

- >
- > *"Yes. Increased appetite/hunger leads to eating more for those who are*
- > *not limiting their intake (ie watching how much they are eating)."*
- >
- > *I think you fail to see the full picture. With differences in sleep there*
- > *are different levels of the counter balancing leptin and ghrelin. There*
- > *is a great deal of research being done on this part of the weight status*
- > *question just now. In this research there is a 15 percent difference based*
- > *on the sleep part alone for the production of these hormones. Just saying*
- > *that one who eats more will gain weight because they are hungry is a bit*
- > *of a tautology. What this research shows is that for the same amount of*
- > *food but with sleep differences and differential hormones, two different*
- > *people can have significant differences in the hunger, or not, impulse.*

It is not the feeling of hunger that causes the weight gain. Indeed the study underscores the fact that the amount of hunger one may feel does not help one determine when and how much to eat. Here, folks should sleep instead of eating more since what they lack is actually sleep and not energy stores.

If you choose to befriend hunger because you are not afraid of it (No one has ever died from hunger. Indeed, folks dying from starvation are not hungry) and see it for what it is, a beneficial indicator of overall good health and energy balance, in the setting of knowing that you are eating an adequate amount (ie the 2PD Approach), you will be in a position to choose not to eat more despite the increased hunger from the "stress" of fatigue, sleep deprivation, pain, or anxiety. It is easier to make this choice when you recognize that there are many forces at work to make you believe that when you feel the least bit hungry that "you feel like you are starving" (quoting friends and family) or that "you gotta eat" (quoting a commercial).

Servant to the humblest person in the universe,

Andrew

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Dr. Andrew B. Chung, MD/PhD
Board-Certified Cardiologist

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sci.med: Re: A disappointing week

<http://www.heartmdphd.com/>

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Who is the humblest person in the universe?

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