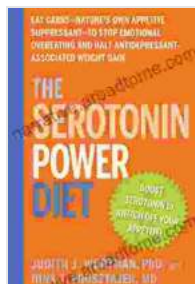


Eat Carbs: Nature's Own Appetite Suppressant to Stop Emotional Overeating and Halt



The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain

by Judith J. Wurtman

★★★★☆ 4 out of 5

Language : English
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Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 306 pages



Are you tired of the constant battle against cravings and emotional overeating? Conventional wisdom has long told us to avoid carbs, but emerging research shows that carbs can actually be a powerful ally in weight loss and hunger management.

Understanding the Science of Carb-Based Appetite Suppression

When you eat carbs, they break down into glucose, which enters your bloodstream and provides energy to your cells. The pancreas responds to this glucose surge by releasing insulin, a hormone that helps the body use glucose for energy or store it as glycogen for later use.

Insulin also has a significant effect on appetite. It stimulates the production of leptin, a hormone that signals fullness to the brain. Leptin levels rise after a meal, leading to decreased hunger and a feeling of satisfaction.

Additionally, carbs can help slow down digestion, promoting satiety and reducing cravings. This is because carbs are digested more slowly than other macronutrients, such as protein and fat, and they can help maintain steady blood sugar levels.

How Eating Carbs Helps Stop Emotional Overeating

Emotional overeating is often triggered by stress, anxiety, or boredom. When faced with these emotions, many people turn to food for comfort. However, consuming carbs can actually help regulate emotions and reduce stress levels.

When you eat carbs, your body releases serotonin, a neurotransmitter that has a calming effect on the brain. Serotonin helps reduce anxiety, improve mood, and promote feelings of well-being.

Moreover, carbs can help improve sleep quality, which is essential for emotional regulation. When you sleep well, you're less likely to experience emotional outbursts and cravings.

Incorporating Carbs into a Healthy Diet

To reap the appetite-suppressing benefits of carbs, it's important to choose the right types of carbs and consume them in moderation.

Focus on whole, unprocessed carbs such as:

- Whole grains (brown rice, quinoa, oats)
- Fruits (apples, bananas, berries)
- Vegetables (carrots, broccoli, spinach)

Limit your intake of processed carbs such as:

- White bread
- Pasta
- Sugar

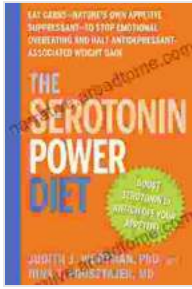
Aim for around 45-65% of your daily calories from carbs, depending on your activity level and weight loss goals.

Contrary to popular belief, carbs can be a powerful tool for weight loss and appetite suppression. By understanding the science behind carb-based appetite suppression and incorporating the right types of carbs into your diet, you can effectively stop emotional overeating, halt cravings, and achieve your weight loss goals.

Remember, the key is to consume carbs in moderation and to choose whole, unprocessed options over refined and processed carbs. With a balanced approach, you can harness the power of carbs to control your appetite, improve your mood, and transform your relationship with food.

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