COACH JOHANN CSCS

Why is hunger so Powerful??

2.2.21

leptin vs. ghrelin

Hunger Hormones

- Ghrelin
- Leptin

We get hungry because of social and hormonal cues combined.

“That doesn’t mean you have no control of your hunger.”

Ghrelin - “hunger hormone”’

Ghrelin is closely located in the neural highway system in our brains to reward pathways - feelings of pleasure.

Eat a stellar meal - you feel like a million bucks. Remember - the sight or smell of food can influence the feeling of hunger!

The biology of hunger ensures it relates to seeking behaviors which stifle hunger, calming down the craving, suppressing the sight and smell. It's a very powerful hormone.

It's the one that gets fired up when you see exactly what you haven't been eating in a while and you crave it....some prime rib, or maybe it's a bowl of ramen... maybe you’ve missed out (or, deprived 🙃) on that food and you didn't even *know* you were hungry.

What’s up ghrelin.

Leptin

Acts inversely to ghrelin.

Science linked leptin insensitivity in obese people. This means they often feel biologically, ***more full*** – due to leptin, the fullness hormone because **it's produced by fat cells**.

So, the more fat cells you have, the more likely you are to feel full. Not hungry as expected.

Leptin, fullness, also drops during *short term fasting.* (!!!!)

Your ability to feel full is decreased after short term fasting. So, timing, your meals might regulate when you feel full. It's inversely related to the amount of ghrelin that you feel after a meal.

Fullness, leptin, drops after exercise, is increased by stress. Intermittent fasting or skipping meals can mean you get hungrier afterward - the binge might be right around the corner...

Resources

Coach Johann CSCS

👉 *Intermittent fasting Breakdown*

👉 *Kettlebells workouts for Free!*