



# Total Body Radiance

By Darlene Hull

[www.PraiseWalker.com](http://www.PraiseWalker.com)



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The eating tips in

## **Total Body Radiance**

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# Total Body Radiance

## Discovering True Hunger

### Total Body Radiance Lesson #1

What is true hunger? Now that question might sound odd. Most people think they know what hunger is, but in fact, they are confusing hunger with appetite.

Hunger feels a little different for everyone, so this week, while we're waiting for you to get your supplies together, you're going to discover what true hunger feels like for you. Here's how:

1. Block off three days this week where you're busy mentally, but not too busy physically. Do you have a day where you need to catch up on correspondence? Balance the books? Do some studying or reading? If you're helping a friend move, or if you're doing a fun run, this is probably not the right time.
2. Starting *after* the evening meal the day *before* the three days you've set aside, you're going to fast. The purpose of this fast is not to lose weight (though that will happen somewhat) but to recognize your true hunger signals. Now, I know there are those out there who will tell you that fasting will lower your metabolism and cause you to go into starvation mode, making you gain weight. Let me suggest you listen to this brief podcast from the [Nutrition Diva](#) to put your mind at rest: [Metabolism Myths](#)

**\*\*\*Caution: if you are pregnant, nursing, or diabetic, or if you have any other health issues, do NOT fast without your doctor's permission and supervision. If you can't fast, have your doctor or other certified medical professional help you understand true hunger.\*\*\***

So, what are you looking for, exactly? Here's how some people describe true hunger:

[Andrea Holwegner](#) a dietician and columnist says:

*"The signs of true hunger may include the stomach rumbles, fatigue, difficulty focusing, food cravings and negative changes in mood."*

[Dr. Claunch](#) says:

*"The difference between true hunger and false craving may be determined as follows: when hungry and comfortable it is true hunger. When hungry and uncomfortable it is false craving. When a sick person misses a customary meal, he gets weak before he gets hungry. When a healthy person misses a customary meal, he gets hungry before he gets weak."*

[Dr. Joel Fuhrman](#) describes hunger as follows:

*"True hunger is felt in the throat, neck, and mouth, not in the stomach or head. It's a drawing sensation and not at all uncomfortable. It makes food taste much better when you eat, and makes taking in nourishment an intense pleasure. True hunger requires no special food to satisfy it. It's relieved by eating almost anything. We can't crave some particular food and call it hunger."*

For more clarity on this subject, take a look at the special report entitled "[The Eight Traits of Emotional Hunger](#)" that came with this week's lesson.

Hunger is a little different for each person. Basically, if you're hungry for something in particular, or if you're driven to clean out the pantry in a gorge fest, you're not hungry. You're experiencing appetite.

For me, hunger is a kind of ache in my stomach. It is a sort of burning sensation that feels really empty and hollow, just below my rib cage. My stomach often growls, and I feel quite uncomfortable – empty, but in the pit of my stomach, not as an ache in my heart.

Get to know your hunger point, and use it to signal when it's time for the next meal. For some of you on this fast, the hunger won't actually kick in until day three. You need to fast as long as necessary until you feel that actual sensation. You will need to know what this feels like in order to be successful on this program.

While you are fasting you want to drink lots of liquid – preferably just plain water alternated with hot, clear, herbal teas. If you find yourself really suffering during this time, try drinking a glass of pure orange juice (or very diluted [1:3] juice from concentrate) for energy and alertness. Remember that the purpose of the first fast is to understand what true hunger feels like, so by drinking liquids with sugar, milk, or by drinking juices and other heavier, flavoured drinks, you're slowing down the process of fasting, and taking longer to discover your true “hunger point”.

For some great links and more information on fasting, please check out the following sites:

- [INHS: Introduction to Fasting](#)
- [How to do 24 Hour Water Fasting for Weight Loss & Detoxification](#) Of course, you will do this with 48 hours in mind, not 24. The advice, however, is still relevant.

A big help to surviving a fast is to get away from home if possible. Don't watch TV (you KNOW Kraft Foods will be sponsoring your favourite show the night you're fasting...) If you want to watch something, watch movies, but if you normally eat while you watch the screen, this will also be difficult. Go for a nice drive, a slow walk, hang out at the library and browse books, visit a museum, check out a tourist attraction (but avoid the snack bar!) Plan ahead how you're going to spend the time without the fridge or pantry. How are you going to occupy your mind to keep its focus off food?

So what if this fast drives you crazy with desire for food?

It means you're being driven by appetite. Eating according to appetite will both get you and keep you overweight and undernourished.

So, what do you do when you finally feel true hunger?

Once you feel real hunger (it's almost impossible to feel this in today's society before 48 hours are up) your fast is over, you need to break it gently. Start by drinking diluted juices. If that works well, have some fruit an hour or two later. Follow that with a salad and a LIGHT dressing (i.e. just oil and vinegar with light seasoning, not a bottled dressing) a few hours after that. Once 24 hours has passed, continue to eat as normal, but pay attention to that hunger sensation. Eat little enough at your meals that you feel that hunger before the next meal starts.

Now, there's all kinds of controversy over how often and how much to eat. Most people today say you need to eat 5-6 small meals instead of 3 bigger meals. I have an issue with this because your body

never gets to a place of digestive rest if you're constantly eating. Rest is as important to the digestive system as to the rest of the body. For the purpose of this program I suggest that you wait 5 hours between meals. This will allow your body to properly process the food you eat, and allow it to rest in between meals. Here's a sample schedule (You don't need to be rigid about this, but use it as a guideline):

6:30-7:00 am Breakfast

12:00-12:30 pm Lunch

5:30-6:00 pm Supper.

For more information on this, listen to this second quick podcast from the [Nutrition Diva](#) on the importance of spacing your meals: [How Often Should You Eat?](#)

Ok, so in spite of my advocating simplicity and ease of use, you are probably quite overwhelmed now because of all the information I've tossed at you in this lesson. When people first begin a program of change, they are most motivated in the first week, so I've taken the risk of giving you more than normal in this first lesson.

However, it can be boiled down to just a few points, which I'll recap here (and which you will also find on [Today's Lesson](#) page of the website and in your Transformation Journal:

1. Find some friends to form a Life Transformation Group (but remember, you're just inviting them for coffee).
2. Print off and fill out your Radiance Questionnaire and your Transformation Journal
3. Download, print off and read your special reports and this week's lesson
4. Purchase your pedometer and binder and file your reports and this lesson in your binder
5. Schedule and follow through with a fast to the point of TRUE hunger
6. Schedule about 5 hours between meals and eat ONLY WHEN TRULY HUNGRY

And that's it!

If you have any questions or concerns, post them to today's lesson and I'll answer them there so that others with the same questions can see the answer. If it's too personal, e-mail me at [darlene@totalbodyradiance.com](mailto:darlene@totalbodyradiance.com) and I'll answer it privately. Here's to your first week in Total Body Radiance, and to the first week of a new life!



## **Disclaimer:**

*To the best of our knowledge, understanding and ability, the information presented in this program is true and accurate as of its publishing date.*

*However, this plan is educational only and is not intended to replace a consultation with a qualified healthcare professional regarding your own specific situation and medical history. For this reason it is strongly recommended that you consult with your physician before starting this or any other diet or weight loss program.*

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As always, my thanks to "[TemplatesWise](#)" for providing the music for the recording!