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Appetite Control

One of the major aspects of nutrition to come out of the Anthony Robbins Seminar held recently in Sydney, and which I attended, was the emphasis on peak nutrition through "live foods" and foods which have minimal processing. Besides the nutritional advantage of this approach, Time Magazine has also reported similar findings for control of excess appetite. According to Time, one of the factors that create appetite when a person is not really hungry is a lack of variety in meals when one or more of the various food groups is excluded from the diet. This leads to continued craving for substitutes for the missing food, even though adequate volume of food has been consumed at a meal. This may be why we often still crave sweets after a heavy meal. Another factor was the intake of refined carbohydrates, e.g. processed sugary foods, which cause rises and falls in blood sugar and which re-stimulate appetite soon after a meal. These findings are an encouragement to regularly include fruits in our diet, both for nutritional reasons and for appetite control.

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