

The Feeling of Fullness

So here I am with a fever, chills and then a full night of hanging over the toilet bowl being sick. Then recuperating and experiencing the after-effects of not wanting to put anything in my mouth that was greasy or unhealthy because my stomach would not take the abuse! But what I found interesting is that it takes only a few days to ease back into eating all foods again. Increasing food intake and portion control gets pushed up as well when you are feeling better. And before long I am back to being able to sit down to one of those heavy meals, like a veal sandwich, and realize I'm so full I feel sick again! And it's not just the action of expanding my belt buckle that is a sign of overeating - it is the uncomfortable feeling of fullness that we get when we push the limit of the amount of food we eat. Feeling full and then going beyond this feeling gets blurred the more we keep taking in food and not recognizing the satisfaction of fullness.

So when it comes to eating big heavy meals, why do we do this to ourselves over and over again? Is it habit to eat a big meal or is it a craving? Is it boredom or is it that we are just hungrier than usual? Whatever the answer we do it and then we suffer the consequence of having to wait for digestion to happen. For the lucky few, it takes only a few hours to digest our huge meals. For others the entire night goes by before digestion occurs. And others, like me, need to keep on moving/exercising to speed up the digestion process.

What is interesting is that we know ahead of time we won't feel very good when we overeat, and yet we still do it!

It really is a conscious choice we make to push our food intake to the limit when we sit down to eat a meal. We decide to make it a "big meal" or a "meal that satisfies us" - and when you think about it, that really is a huge difference!

So where are you in this chain of events with your food intake? Are you overindulging in your meals and going beyond the feeling of fullness? Are you ready to take your stomach down a new road to quicker digestion? Are you ready to cleanse your body with low glycemic foods that help reduce your cravings for carbohydrates?

If so give us a call and ask us about our five-day Reset Cleanse kit. This program will portion control your meals, regulate your blood sugar levels to reduce your cravings for carbohydrates and kick-start your metabolism to burn more calories! Isn't it time you treated yourself to feeling full without suffering the big meal after-effects? Then please give us a call.

Submitted by Nadia Bender

Nadia Bender, Personal Trainer/Fitness Instructor and Owner of Fitness that Fits, the boutique fitness studio located in The Kingsway at 4214 Dundas Street West. 416-231-BFIT (2348).

