

HOLISTIC HEALTH NOTEBOOK

Suppressing versus satisfying

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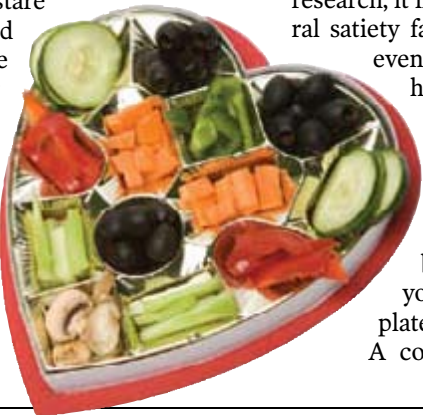


Those of you who have read my books know my position on appetite suppressants: "Do not suppress the appetite; satisfy it." People often struggle with that concept. They feel that hunger is their dietary enemy and try to keep it under control, even using drastic measures. Not a week goes by that someone doesn't ask me what they can take to lower their appetite.

"Nothing," I say. "Never suppress a healthy appetite. It is the sign of a healthy body." They stare blankly at me. How can an appetite be healthy when it is making them fat?

Just this week, one of my customers expressed what many people really feel. "If I eat all those vegetables you talk about, I won't have room for the good stuff." It was my turn to stare blankly. How could anyone think there is anything better than what I had for dinner last night: a whole plate of braised beet tops, with a side dish of baked steelhead trout?

That customer



finally introduced me to reality. Not everyone shares my love of vegetables. No matter how good they are, they are not going to eat them to satisfy their appetite. Those people need an appetite suppressant or they are going to expand at frightening rates.

What are your choices for an appetite suppressant (anorectic)? Many prescription weight loss drugs are in this category and are associated with an assortment of nasty side effects. They do not work very long or very well. The body will prevail.

So how can you suppress your appetite without hurting yourself? You can use fiber like psyllium husk. I have never seen that work very long, however. Your body is still going to feel hungry, even if it is bulging with roughage.

An extract from potatoes (solanum tuberosum) is thought to increase the production of a hormone called CCK (cholecystokinin) that signals satiety. One creative company put this potato protein extract into a "candy" that looks, tastes, and feels like a chocolate patty. According to their research, it influences the release of a natural satiety factor that makes you feel full, even if you are not. It promotes a healthy glucose response when taken before a meal, and it promotes feelings of fullness sooner and for longer periods of time. If you decide to try it, make me feel better by taking it before a meal that you know isn't healthy, not a big plate of greens.

A couple weeks ago, I suggested

presenting your loved one with a heart-shaped box of organic vegetables but I was roundly ridiculed for that suggestion. So here is another idea: fill that heart-shaped box with these chocolate goodies, but if she throws you out of the house, do not blame me. ■

— Carol Simontacchi is the owner of the Island Nutrition Center on Sanibel. She can be reached at 472-4499 or on the Web at www.islandnutritioncenter.meta-ehealth.com.

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