



Overcoming Your Inner Urge to Splurge The hunger splurge

Everyone feels it, some more than others . . . what is it? The urge to splurge and eat whatever is out there. There are many theories into why we have these urges, right along with the multitude of solutions on how to deal with it as well from eating properly in your regular meals, being hydrated and even looking at the reactions that our brain has to different sights and smells around us.

Often when individuals become anxious the body often produces increased amounts of the hormone cortisol, which can cause increased cravings for carbohydrates. Sweets and carbohydrates temporarily increase serotonin levels to give a calm and relaxed feeling. So sometimes the strategy can just include finding other ways to release stress and anxiety – hence the site, exercise might be a good solution or your favorite music.

But sometimes there are still urges. In those circumstances, you sometimes have to evaluate why the urge is there – is it one of those hunger situations, or are you mistaking it for low hydration or does it just sound good to the mind and thus causing the craving. Then maybe it will take you actually removing the urge from your routine – sounds easy in the home, just clean the pantry – but what about that fast food place you drive by everyday with the irresistible fries/burgers/coffee/etc. You might even have to find a new route for a while – sometimes it takes drastic changes for it to be effective.

A few other strategies might include:¹

- Make mini portions of snacks when you buy them – don't leave the temptation of an open bag
- Make the urge wait – and reassess in 10 minutes by calling a friend, taking a walk or drinking a tall glass of water
- Savor every bite and take your time as you do it
- Get busy and keep your mind occupied to distract from the temptation
- Stay positive – don't let a slip up get in the way of your ultimate goal
- Do not over train – over training can cause your blood sugar to drop and cause hunger to soar

Finally, get active. Don't underestimate the power of exercise in your battle against the urges!!