BRENDA'S HUNGER RESCUE KIT

BRENDA WATSON ND

Simple strategies for cravings, snack attacks, travel, stress eating and other moments when hunger catches you off guard.

You preordered ***The Hunger Reset*** because you're ready to understand why hunger and cravings can feel so hard to control, and what your gut has to do with it.

In the book, I'll take you much deeper into the biology of hunger and show you how to reset the signals that influence hunger and fullness. But you don't have to wait to start making a few smarter choices.

Think of this little kit as your in-the-moment rescue guide for those times when hunger, cravings or real life catch you off guard.





1. "I WANT SOMETHING SWEET."

FIRST, ASK YOURSELF: Am I actually hungry, or do I just want something sweet? If you're hungry, don't try to outsmart it with a little treat. Eat something with protein and fiber that will actually satisfy you.

If you're not hungry and you simply want something sweet, recognize it for what it is: a craving. Sometimes cravings are triggered by what we see, smell or are used to doing, rather than physical hunger.

BRENDA'S RESCUE

Give the craving a little time before automatically acting on it. Change what you're doing, have some water or tea, and see if it passes. If you still genuinely want something sweet, have it intentionally rather than turning it into an internal battle. One of my go-tos is a piece of dark chocolate or a small spoonful of nut butter.

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2. "I'M STARVING AND DINNER IS STILL TWO HOURS AWAY."

BRENDA'S RESCUE

Before you raid the pantry, try one of my favorite hunger hacks: soluble fiber.

Mix 4 to 5 grams of a quality soluble fiber powder into a full glass of water and drink it. Soluble fiber absorbs water and forms a gel that can help take the edge off hunger and help you feel fuller.

Give it several minutes. You may find your hunger settles enough to comfortably make it to dinner. Still hungry? Have a small protein-and-fiber snack, such as a little Greek yogurt with berries, half an apple with nut butter, or veggies with hummus, so you don't arrive at dinner ravenous.



3. "I'M TRAVELING AND MY NORMAL FOODS AREN'T AROUND."

Airports, road trips and hotels have a way of turning "I'll find something later" into "I'm starving, so anything will do."

BRENDA'S RESCUE

Once you reach your destination, find a grocery store. Pick up a few easy foods for your hotel room or wherever you're staying: Greek yogurt, fruit, nuts, hard-boiled eggs, cottage cheese. Keep something portable with you for the times when good options are scarce.

And don't forget water! Travel can throw off your normal hydration along with your normal eating routine.

The goal isn't to eat perfectly while you travel. It's to avoid getting so hungry that convenience makes every decision for you.

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4. "AM I REALLY HUNGRY... OR IS IT SOMETHING ELSE?"

Not every urge to eat is physical hunger. Stress, loneliness, boredom, celebration, comfort and habit can all send us looking for food.

BRENDA'S RESCUE

DO A QUICK HUNGER CHECK:
Would I eat a real meal or satisfying snack right now, or am I looking for something specific?

If several foods sound good and your body is telling you it's time to eat, you're probably hungry. Eat.

But if you're suddenly fixated on cookies, chips or another specific food, pause and ask: What do I really need right now?

Maybe you need to decompress, connect with someone, move your body or simply get out of your head for a few minutes. Take a short walk, call or text a friend, jot down what's bothering you, or try a few minutes of deep breathing. Then check in again.

You may still decide you want the food. That's okay. The goal is to recognize the difference between physical hunger and an emotional urge to eat and give yourself another option.



5. "I ATE WAY MORE THAN I PLANNED. NOW WHAT?"

Maybe it was dinner out. A party. Pizza night. Vacation. Or dessert was so good you went back for seconds.

Don't compensate for it. And don't turn one meal into a whole weekend.

BRENDA'S RESCUE

At your next meal, simply return to the basics. Eat when you're hungry, choose a reasonable meal, and move on.

One meal doesn't require punishment, restriction or a Monday-morning restart.



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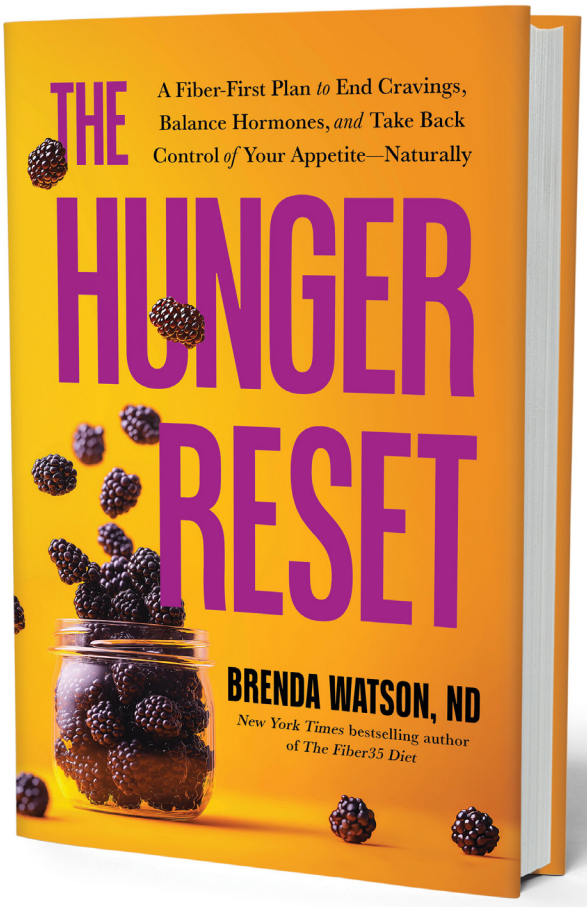
KEEP THIS KIT HANDY

These quick rescues can help in the moment.
In ***The Hunger Reset***, you'll learn how to go deeper by changing the biology behind hunger and cravings, rather than relying on willpower.

For now, remember this: Hunger is information.
Start listening to what it's telling you.

COMING APRIL 2027





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