

YOUR NATURAL APPETITE RESET



5 APPETITE HORMONES & HOW TO ACTIVATE THEM

Feeling hungry all the time—or never quite full? Your body may be missing signals from key gut hormones that regulate appetite, control cravings, and support lasting weight balance. GLP-1 may be the headline act, but it's just one part of a powerful hormonal orchestra working behind the scenes.

Here's how to support your "I'm Full, Stop Eating" crew—naturally and effectively.



1. GHRELIN

THE HUNGER STARTER

What it does: Signals your brain that it's time to eat

Where it's made: Stomach lining

PRO TIP

Poor sleep, stress, and skipped meals can spike ghrelin levels



2. CCK (CHOLECYSTOKININ)

THE MEAL PACER

What it does: Slows stomach emptying and promotes early fullness

Where it's made: Upper small intestine (duodenum)

PRO TIP

Protein, fat, and chewing thoroughly help CCK do its job



3. GLP-1 (GLUCAGON-LIKE PEPTIDE-1)

THE FULLNESS MESSENGER

What it does: Tells your brain you're full, slows digestion, helps control blood sugar

Where it's made: Lower small intestine and colon

PRO TIP

Fiber and protein naturally stimulate GLP-1

CONTINUED...



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4. PYY (PEPTIDE YY)

THE MEAL IS OVER HORMONE

What it does: Slows gut motility, suppresses appetite

Where it's made: Lower small intestine and colon

PRO TIP

Protein and soluble fiber help PYY signal satisfaction



5. LEPTIN

THE APPETITE THERMOSTAT

What it does: Signals to your brain that you've had enough to eat and don't need more fuel

Where it's made: Fat cells

PRO TIP

Inflammation and poor sleep can disrupt leptin signaling



SUPPORT YOUR SATIETY HORMONES WITH SMART DAILY HABITS

Nourish with food:

- Soluble prebiotic fiber (lentils, oats, chia, beans, leafy greens)
- Diverse probiotics + fermented foods (sauerkraut, yogurt, miso)
- Protein + healthy fats at each meal
- Start meals with fiber-rich veggies
- End your day with a resistant starch supplement (made with green banana, baobab, potato starch)

Prioritize lifestyle:

- Get 7–9 hours of quality sleep
- Manage stress (walks, journaling, breathwork)
- Avoid ultra-processed foods
- Eat slowly and chew thoroughly

When these 5 hormones work in harmony, your body knows:

- ✓ When to eat
- ✗ When to stop
- ✓ How to shift into fat-burning and repair mode

Start working with your body—not against it—and you'll be amazed how cravings, energy, and hunger begin to balance themselves.



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