

APPETITE CONTROL

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Appetite control has become a hot topic in the management of body weight. The ability to feel full and satisfied plays a huge role in being able to stick to a nutrition plan - and this mechanism seems to be suboptimal in many people, especially those who struggle with managing body weight.

GLP-1 (glucagon-like peptide 1) is a hormone naturally made by the body that promotes satiety and reduces appetite. Drugs have been developed to increase levels of this hormone in the blood (Ozempic, Wegovy and others). A major benefit of the GLP1 class of medications is their OUTSTANDING ability to manage appetite. These medications are expensive, though, and they aren't for everyone.

Thankfully, there are lots of ways to reduce appetite. This handout will look at a range of options, starting with the least expensive and easiest ones to implement, followed by some pricier options you may wish to consider.

Note: This educational material is not meant to endorse any specific product; rather, it is intended to provide a list of options to consider. You and your medical team can decide which ones are right for you.

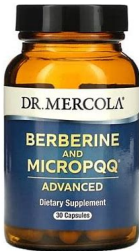
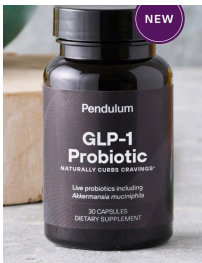


TOPIC OR PRODUCT	WHAT IT DOES	HELPFUL TIPS & RESOURCES
Water and optimal hydration	Helps with: brain signaling; stomach feeling full; increased calorie and fat burning; waste removal; displaces higher calorie beverages and more.	<ul style="list-style-type: none"> • Medical News Today article • Use a BPA-free container • Options with electrolytes may help • Aim for light-colored urine
BPA exposure	BPA is a chemical used in manufacturing plastic + other products. It can affect estrogen, testosterone and other hormones, including thyroid hormones. May cause inflammation and other health problems.	<ul style="list-style-type: none"> • Healthline article • Use BPA-free water containers • Avoid microwaving plastic food containers + minimize exposure by learning where it's found
Apple cider vinegar	When taken before a meal, it slows the rate of stomach emptying, improves insulin sensitivity and reduces blood sugar.	<ul style="list-style-type: none"> • Healthline article • Usual dose is 1-2 Tbsp diluted in several ounces water before meals
Lemons/lemon juice	Lemon water (and water itself) can help you feel more full and prevent overeating; may boost metabolism; may displace higher calorie beverages; also provides vitamin C.	<ul style="list-style-type: none"> • Healthline article • Especially helpful when consumed prior to or with a meal; consider adding allulose to the water too!
Allulose (a natural sugar alternative)	When consumed prior to a meal, allulose increases GLP-1 and decreases appetite; can help reduce blood sugar; acts as a prebiotic to potentially improve gut health.	<ul style="list-style-type: none"> • Dr. Perlmutter article • National Library of Medicine article • Find locally or on Amazon
Dietary fiber	Dietary fiber can reduce hunger and promote satiety through a variety of mechanisms including delayed stomach emptying and increasing GLP1.	<ul style="list-style-type: none"> • PubMed article abstract • Healthline article - list of 22 high fiber foods to include
Short walk/exercise	Taking a short walk may reduce appetite slightly; may also help control cravings via its effect on dopamine.	<ul style="list-style-type: none"> • Excerpt from Walking the Weight Off for Dummies

Also refer to the following items on the Direct Access website:

- [WEIGHT LOSS TIPS AND TRICKS](#)
- [BLOOD SUGAR: WAYS TO STABILIZE IT](#)
- [GET COOKING](#) - Recipes on the website are protein-focused, lower in carbs and moderate in fat; this promotes steady energy and blood sugar, which can improve appetite regulation.

Other good articles to read:

- [12 Science-Based Ways to Reduce Hunger and Appetite](#) (Healthline article)
- [10 Natural Appetite Suppressants That May Help You Lose Weight](#) (Healthline article)
- [How do you stop hunger pains?](#) (Medical News Today article)
- [Why Does Hunger Vanish When You Ignore It Long Enough?](#) (Live Science article)
- [11 Myths About Fasting and Meal Frequency](#) (Healthline article)
- [14 of the Most Filling Foods](#) (Healthline article)
- [Forget Calories. The Weight of Your Food is What Really Matters](#) (The Stack article)

PRICIER SUPPLEMENTS THAT <u>MAY</u> DECREASE APPETITE &/OR IMPROVE METABOLIC HEALTH (May be worth considering after trying other options above).			
BERBERINE	GLP-1 PROBIOTIC	METABOLIC DAILY	METABOLISM FIXXR
			
A capsule taken 1-3x per day. Improves blood sugar, insulin sensitivity and gut health; may reduce inflammation, blood lipids and liver fat. May reduce leptin, the hormone that usually stimulates appetite.	A capsule taken daily. Per the manufacturer: “A multi-strain probiotic formulated with beneficial bacteria that naturally increase GLP-1 ,* the “un-hunger” hormone that helps curb cravings & appetite.”	A capsule taken daily. Per the manufacturer: “A live multi-strain probiotic that naturally replenishes your gut microbiome to optimize metabolism and helps maintain a healthy weight.”	A powder that you mix into water or liquid; citrus or orange flavored. Contains several ingredients that may help with appetite control, metabolism, thyroid health; supports mood & stress management.
Similar to metformin. Learn more about it: Healthline article WebMD article BERBERINE info	Very difficult to create a quality supplement with live Akkermansia *. See this podcast; don't buy cheap versions.	Podcast : Gut Health & the Microbiome : Dr. Peter Attia talks with Colleen Cutcliff, PhD, founder of Pendulum Therapeutics.	Dr. Amie Hornaman's podcast is called “ The Thyroid Fixer ”. Her website has this + other supplements.