

# REBOOT#5 – Big Eric finally lowered his meal portions with four simple strategies.

*The following information is accurate and played out March-May 2021.*

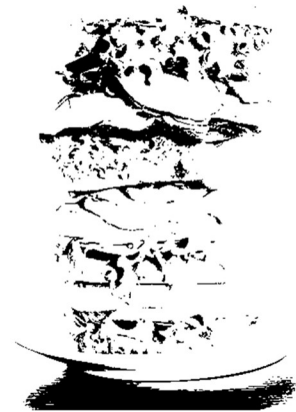
Big Eric has always been Big Eric.

While Big Eric considers much of his food choices reasonably good (BP is not entirely in agreement), one thing in no doubt is Big Eric's Olympic level portion size.

BP estimates Big Eric consumes over 250% more daily calories than he needs.

Now middle-aged, Eric knows without a dietary change; namely, his portion size, his chances of a competitive back-nine appear limited. Like most Aussie guys in his demographic, his current health statistics trend towards; cardiovascular illness, blood sugar imbalance illness, and inflammation-related illness. Eric is smart and knows he must change his brain chemistry towards the true daily calories he needs.

Eric employed the 'Appetite Suppressing' strategies listed in the Hunger Games Laws (BP's Reboot#5 Program). Eric's results were moderate and short-lived.



**ENTER:** BP's '**Super-Max Appetite Suppressors**'.

**Practice:** 30 days – yep, it takes 30 days of genuine practise to change a habit.

**Strategies:** 4 Key Components.

**Exercise:** Walking, only, daily @ 30 minutes. Never, ever, is Eric to press harder than his conversational pace.

**The penalty for non-compliance:** Eric will wear a Manly Sea Eagles jumper for a week. Yes, I am aware this is a severe penalty, but without deeper cutting emotions Eric's innate appetite will likely win the game.

**STRATEGY ONE:** The Italian Flag Colour Code.

Like music notes, notes, and sounds all work best in keys, e.g. in the key of G, the G note loves working with the notes C & D. It works.

Food is similar. Some protein works best with some vegetables, matching fats, and in some cases, the perfect mix of starchy carbs. You can also throw a fitting wine into the right culinary mix.

The matching food group not only satisfies a better taste but works towards satisfying the appetite on just the right volume of calories – for that person. The natural toxins in real food combine to switch off the hunger hormone, Ghrelin and shut down the drive for further food.

Much fast food offers a poor balance and primarily induces 'over-eating'.

Real food, coloured; Green, White, Red, work! – studies prove. Forza Italia!

E.g.

**Green:** Dark Leaf, Broccoli, Zucchini, Cucumber, Avocado.

**White:** Cauliflower, Turnips, Mushrooms, Garlic, Onion.

**Red:** Capsicum, Apples, Radish, Pomegranate, Salmon.

- ✓ Eric combines green, white, red every meal.

**STRATEGY TWO:** Before eating the food, smell the food.

Eric eats occasional 'sometimes' food, but he also eats too 'fast'.

As a result, Eric overeats!

The goal of strategy #2 is to trigger Eric's sense of fullness (STOP EATING, ERIC) faster.

The response from the sense of smell via the olfactory glands is to sharpen up the feeling of fulfilment. The sense of smell acts faster than the sense of taste.

The faster Eric's brain detects 'enough' food, the better.

Studies show people eat 10% less when smelling each mouthful first. The eating process 1) lasted longer and 2) produced a faster feeling of fullness.

Powerful cognitive boosting aroma like fresh ginger, basil, cinnamon, and rosemary also enhances the experience and a faster feeling of fullness (food behaviour).

- ✓ Eric smelt each mouthful before eating and looked stupid in doing so.

**STRATEGY THREE:** Daily Soup.

The goal of strategy #3 is to 1) balance Eric's best hydration status and 2) stretch his stomach wall faster.

Eric, a bigger bloke, sweats for Australia. Therefore, whether he knows it or not, he is typically more thirsty than hungry.

Our brains can find it challenging to differentiate between thirst & hunger. Mostly, we choose calories over fluid as it's a safer bet of covering both hydration and energy in the one hit.

Fresh healthy soup nails both hydration and calorie balance.

Soups also fill the gut quickly, stretching the gut walls, which signals to the brain, decrease Ghrelin (the hunger hormone), we're done!

- ✓ Eric googled 'Easy to make Healthy Soups' and now enjoys a soup a day. His mates' bag him behind his back! Eric doesn't care.

**STRATEGY FOUR:** Avoid late-night commercial TV.

The 'real' influencers, the conniving advertising groups, know how to increase Eric's hunger.

6-9 of the (20-30 second) advertisements promote food between 7 – 10 pm. Fast food crushes TV space later in the evening.

The genesis that is food advertising knows Eric will boost his hunger if the advertised food is accompanied by a red & yellow colour scheme.

Furthermore, if a catchy jingle complements the red & yellow scheme in either the key of G, C, or D, it will also boost Eric's hunger.

- ✓ Eric streamed his evening viewing, read paperback (Rugby League Week), and strummed his own tunes.