

File Created by [Blogging Rebirth](#) WP Plugin

How to Stop Food Cravings That Sabotage Fat Burning

by Jeff "The Muscle Nerd" Anderson (with comments from Shawn Horwood)

My comments will be italicized so it's easy to tell what Jeff is saying and what I'm saying. I've previously covered [how to stop food cravings](#) in a blog post, but I figured why not share what Jeff has to say on the subject?

Jeff's advice on stopping food cravings is completely different than mine and takes an entirely different approach, but by combining what Jeff & I both have to say about cravings you should be able to completely get rid of food cravings in no time at all.

If you've ever dedicated yourself to a strict diet in order to lose weight, you know exactly how hard it can be to control food cravings. No, those salty or sugar food don't merely whisper to you, they almost shout your name at times when you're most vulnerable. Many people are unaware that food cravings are a natural response by your body and most times this is caused by the leptin hormone.

Leptin is a hormone that's produced by the body's fat cells. In addition to it's task of increasing the body's fat burning ability, it regulates the body weight by sending messages to the brain to indicate that you're full. However, there's some irony here.

Because leptin is produced by the fat cells, individuals that are overweight have an increased production of this hormone. Naturally, you'd assume that this would mean that the brain would send the message to shut off the hunger valve. This is leptin's entire purpose after all. Unfortunately, these people end up becoming leptin resistant because of the excess amount of leptin that's in the body and their cravings become even tougher.

Fortunately, some natural solutions can be used to balance the body's leptin levels so the food cravings will stop and you will be able to lose weight quicker:

Eat More to Stop Food Cravings

Yes, it does sound counterintuitive to tell you to eat more so you can lose weight more quickly. But, if you eat six smaller meals throughout the course of the day, you'll end up being less hungry and you'll keep your metabolism revved up. By eating healthy throughout the day you'll be much less likely to give into food cravings that will hinder your ability to lose weight.

I've previously shared my opinion of the 6 meals a day concept, but in the case of stopping cravings, I prefer eating healthier snacks throughout the day. Eat an apple with peanut butter (or celery or something like that) instead of chips and cookies. Snack on a veggie platter (if you're not a fan of fruits & veggies, once you start eating them more you'll enjoy them a lot once you realize how much more energy you have and how awesome you feel).

By snacking you don't have to focus on making more meals, and for me that's a lot easier and less stressful.

Now if you're thinking about eating processed or junk food in smaller portions throughout the day to achieve the same effect, you'd better think again. These types of foods will cause a massive spike in your blood sugar, regardless of the amount you eat, causing your energy levels to drop. This will leave you feeling hungry again very quickly, tempting you with the very food cravings you want to avoid.

Stop Food Cravings With This Cheap Supplement

One reason that leptin has become such a problem is the rampant zinc deficiency much of the population has. The body can lose zinc throughout the day in a number of ways. For example, if you're working out and sweating, you're losing zinc. Zinc is excreted through bodily wastes. In fact, even sexual intercourse contributes to the body's depletion of zinc.

Unfortunately, our food supply isn't enough to replenish the zinc our bodies lose. Much of the food we purchase at the market has been degraded through over processing and over farming to the point of being mineral

deficient. This means you have to use supplements to replenish the zinc your body needs.

Believe it or not, studies have shown that zinc supplementation can increase leptin efficiency by up to 142% and has been proven to stop food cravings and help you lose weight. My recommendation is to take in between 15 and 25 milligrams of Zinc Picolinate every evening on an empty stomach. This will help you balance your body's leptin levels, stop food cravings, and lose weight.

Just a disclaimer - I don't take any supplements (not even a multivitamin) so I have no idea how well taking zinc works (though I trust Jeff's recommendations) nor whether or not it's worth it to you. I recommend following the other strategies outlined above and in my article linked to above before spending money on zinc supplements.

But if you're really committed to uncovering the truth about how to lose weight fast, then you need to check out the "5 Advanced Weight Loss Tips" at www.CombattheFat.com. These are once guarded secrets that the U.S. Military uses to keep men and women of all ages lean, mean, and healthy at all ages and fitness levels!

Takeaways from this article:

- 1. Eat more throughout the day, making sure to keep your food natural and healthy rather than processed, nutrient deficient crap that just makes you hungry shortly after eating. You don't even necessarily have to eat more, just spread your meals out over the day so your body is going less time without food.*
- 2. If necessary (after you've also followed my advice on [getting rid of food cravings](#)) take zinc supplements at night on an empty stomach to balance out your hormone levels and stop the cravings once and for all.*

You can also find this article published on [How to Stop Food Cravings That Sabotage Fat Burning](#), and on the tag pages [combat the fat](#), [get rid of food cravings](#), [how to lose weight](#), [jeff anderson](#), [stop food cravings](#), [the muscle nerd](#), [weight loss diet tips](#), [weight loss tips](#).