

ZENITH TOTAL HEALTH MEMBERSHIP  
MODULE 2 - HONOR YOUR HUNGER

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**FOUR TYPES OF HUNGER**

**TYPE 1:  
PHYSICAL**

### PHYSICAL HUNGER

- ▶ Lack of energy for body's requirements
- ▶ Depletion of glucose/glycogen stores
- ▶ Low blood sugar, hormonal signaling
  
- ▶ Try to eat at a 3-4 on the Hunger-Satiety Scale

**TYPE 2:**

**PRACTICAL**

### PRACTICAL HUNGER

- ▶ Planning ahead to avoid primal hunger
- ▶ Eating a light meal or snack to avoid primal hunger when you'll be unable to eat
  - ▶ Ex: work meeting, outing, event, etc.

**TYPE 3:**

**TASTE**

### TASTE HUNGER

- ▶ Eating when something sounds good
- ▶ Eating when an occasion calls for it
- ▶ Celebrations, weddings, parties, etc.

**TYPE 4:**

**EMOTIONAL**



### EMOTIONAL HUNGER

- ▶ Eating to satisfy or dull an uncomfortable feeling
  - ▶ Loneliness, anger, boredom, sadness, etc.
- ▶ Difficult to control, sudden onset, intense
- ▶ A learned coping mechanism, not inherently “bad”
- ▶ Primal hunger can be mistaken for emotional eating at first
- ▶ Easier to distinguish emotional hunger once you know what physical hunger feels like

**THE BOTTOM LINE**

### TAKEAWAYS

- ▶ Physical hunger isn't the only reason to ever eat
- ▶ Flexibility is critical in a balanced, intuitive lifestyle
- ▶ No judgments, only learning opportunities
- ▶ It is a process!