



## THE FACE WEIGHT LOSS PROGRAM NEWSLETTER #1

Visit Us Online at [www.faceweightloss.com](http://www.faceweightloss.com)

The FACE WEIGHT LOSS Program has helped thousands of people resolve lifelong issues with eating and weight. Many people are successful in our virtual groups conducted by phone, and others succeed by working individually by phone with one of our coaches.

For most of us who have struggled with food and losing weight, it is the hardest work we have ever done. For people who struggle and don't succeed it is even harder.

**Food issues can be deep-rooted problems that you can't solve alone. Too many people blame their failure on "no willpower" when the causes are much more complicated.**

There are numerous biological, social and emotional reasons that we become overweight and many obstacles to losing that weight permanently. Our coaches can help you overcome those obstacles. We can help you gain the skills to succeed permanently with your weight issue.

One skill that we help you learn is: **WHEN TO EAT**

We don't mean what time to eat, but rather learning to reestablish your connection to your food-o-stat, or knowing when you're hungry. Learning to eat when you're hungry helps your ability to choose food, enjoy food, and stop eating when you're satisfied.

Try paying attention to what signals you that you are hungry.

Do you get lightheaded?

Do you feel irritable?

Do you feel stomach hunger?

Many of us who are struggling with overeating don't wait to get hungry, and are not familiar with the feeling.

**We invite you to reacquaint yourself with what it feels like to be hungry. Using a hunger scale can be helpful to focus your awareness on knowing when you're hungry.**

The **HUNGER SCALE**

On a scale of 1 to 10

"1" is extremely hungry or famished, for example, when you've been too busy to eat all day.

"10" is overstuffed, for example, how you feel at the end of a Thanksgiving meal.

"5" is satisfied.

"4" – "1" covers the range of feeling increasingly hungry

"6" – "9" indicates increasing fullness.

Next time you sit down to eat, become aware of what number you're at on your hunger scale. When the meal is over, take notice of where you are on your hunger scale.

**The first goal of FACE WEIGHT LOSS Program is to increase your awareness of the sensation of hunger, rather than focusing on eating less. The Hunger Scale will help you to do this.**

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