

5 hour breaks

Why should you leave five hours between meals?

After each meal the carbohydrates you have consumed will be broken down into glucose. This results in a rise in blood sugar levels, and in response to this rise the hormone insulin is released. Insulin allows glucose to enter the body's cells to be used as energy. Excess glucose is converted into fat and stored in the body's fat cells. Around two hours after eating, the Human Growth Hormone (HGH) is also released. HGH has many actions, but one of its functions is to facilitate the breakdown of excess fat. Over time the levels of insulin will drop. During this phase, Human Growth Hormone is most effective at breaking down body fat. This is particularly true between 4 to 5 hours after eating your meal. Eating or drinking anything other than water in between meals will stimulate a fresh release of insulin and prevent the fat burning action of HGH.

Strictly speaking, anything other than water in between meals will release a small amount of insulin, however, your personalised program does allow you to consume black tea, coffee and herbal teas, as the amount of insulin released will be minimal.

If you find that you are thinking about food before the 5 hour mark, try to keep yourself busy. Here are some ideas;

- Drink more water
- Have a cup of black tea, coffee or herbal tea
- Weed the garden
- Clean the bathroom
- Walk the dog
- Have a bath
- Call a friend



Did you know?

While it is important to keep a minimum of 5 hours break between your meals, keep in mind that if your lifestyle or daily routine cause you to have a longer break, this is OK.

If you are following the Quick Loss Program, don't be misled by thinking that leaving a longer break between your meals will speed up your weight loss. In fact, it will only make you hungry and you will become more tempted to break from the program.