

# Ceasing Eating before Feeling Full: A Turning Point in Obesity Prevention

## Perspective Article

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## Abstract

Obesity is a rising human health concern in the modern age. Effective prevention strategies must be developed to minimize obesity occurrence and reduce the need for its eradication. This article discusses a feasible prevention strategy that aims to teach 'stop eating before feeling full'. This is a turning point in obesity prevention that must be well disseminated for effective practice. The strategy is especially suited for evening when over intake, obesity, diabetes and related complications are more likely to occur.

**Keywords:** Obesity; Meal; Optimization; Duration; Eating

## Philosophy and Discussion

It would not be surprising to name obesity as a supper cancer of the modern age. Nothing better than prevention can help minimize its occurrence. Obesity is more problematic when it predisposes the body to diabetes and related cardiovascular complications. For effective use, prevention strategies must be feasible, cost-effective, and free of major side effects [1-5].

This article aims to train people to cease eating well before feeling full. The strategy stems from a principle that it takes almost 20 min for brain to process the satiety message after which an individual feels full and is convinced to stop eating. As such, if eating continues intensely for 20 min or so, it is very likely that an individual consumes more than required. As a result, obesity is more likely to occur. Thus, it would be necessary to stop eating before 20 min (i.e., when the

body starts feeling full) so as to minimize chances of overconsumption.

Another strategy is to make meals smaller (e.g., by half) but elongated so that when the body feels full no major overconsumption would occur. Individuals must train themselves to reduce meal size considerably and increase meal duration relatively to help smoothen insulin response. This would help immune the body against insulin resistance and diabetes mellitus.

This strategy would be complementary to other nutritional regimens and exercise programs that aim to minimize obesity. Moreover, this strategy is well suited for evening when risks of developing insulin resistance and abdominal adiposity rise [1]. By stopping eating well before feeling full, we train our cells to live on optimal

rhythms of life [6-8]. This relates in many aspects to meal optimization [9,10].

## Conclusion

This article put forward a practical idea to stop eating well before feeling full to help the body to live on optimal rhythms of life. This is a global lesson that we learn from the nature.

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