Doctor Explains: The Real Reason for Constant Food Thoughts Transcript

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What Food Noise Is

Have you experienced constant chatter about food? What to eat next? When to Eat? How to EAT? That's called food noise. You might think that you're just needing more discipline.

I'm here to tell you as a doctor, that's not the case. There is some science behind this. This isn't your brain failing you. this is your gut and your brains talking to each other.

there are three main things of why the science happens. The vagus nerve is the big one. Vagus nerve, is one of our cranial nerves that starts in the brain and goes down to the gut and attaches at multiple places.

Gut-Brain Communication and the Vagus Nerve

The vagus nerve is like a superhighway for the got and the brain. It's the get and brain constantly talking to each other, constantly in communication.

A second one is the microbiome. Now, the micro biome is vast. it is be bacteria, fungus, yeast, viruses, both in and on us. And it makes up about three to five pounds of the human body, which is incredible.

When it's healthy, It creates metabolites. These metabolite are called short-chain fatty acids.

Microbiome, GLP-1, and Fullness Signals

Short-chained fatty acid are often stimulators for healthy hormones, like GLP-1. Yes, those are the same GLPs that you see in weight loss medications.

The body actually makes its own. When the microbiome is healthy, it stimulates the short chain fatty-acid production, and then that creates more GLp-I, which helps with the signaling of I'm full, I don't want any more food, or hey, i'm hungry, please feed me.

Now one other reason why the sugar cravings can happen specifically is because sugar is a carbohydrate and carbohydrates are the easiest to absorb nutrient.

The digestion for carbohydrates starts in the mouth. Some other nutrients, especially protein, starts on the stomach. So when you're hungry or when your not having enough nutrients The body sends a signal to say, hey, feed me quick.

Why Stress and Sugar Cravings Happen

That's when carbohydrates come in. And that's why we crave sugar. It's what we craved sugar when we're stressed as well, because during stress, the digestive system dials down.

This is called the sympathetic nervous system, a fight or flight response. When we were in fight-or-flight, The last thing we are thinking about is being able to appropriately digest our fats and proteins and hearty nutrients.

we need fast fuel. So that's why we crave sugar when we're stressed. One other signal that can be really interesting is what if there's an imbalance in the microbiome that actually causes sugar cravings?

This can happen, especially if an overgrowth of a certain type of microorganism. That can cause more sugar cravings because that particular bug loves sugar.

So if you have too much of that organism, you will have a sugar craving. It is quite literally the gut talking to the brain.

Microbiome Imbalances and Root-Cause Testing

How can we get this figured out at the root? We have to look at whole picture, we have look the stress response, and we've got to a mapping of the microbiome to see what's going on in there Where are there good bugs, where are their bad bugs and where do they need to be rebalanced?

Now one other trick, little bonus trick for you is sugar cravings specifically can have another nutrient signal. Sometimes the body will crave sugar when you actually need protein.

Isn't that interesting? So the reason being is because protein is digested a bit lower, starts in the stomach, and then it continues down in rest of the digestive system.

Protein creates building blocks. When we have enough protein, then the bodies is able to make more hormone, it's able make appropriate signaling.

Protein Cravings and Clinic Call to Action

But if you're not getting enough Usually the signaling will start earlier and start in the mouth because it's easier to digest. So it craves those carbohydrates.

Ninja trick, next time you're having a sugar craving, try eating protein and see what happens. If you want more tips like this and more individualized mapping of your microbiome, I would love to help.

This is what we help people with at the clinic all the time. In the comments below, we've got a link for you to sign up for a complete wellness evaluation.

can look at your whole microbiome, get the mapping, talk about your stress response and the gut-brain connection, and get unique answers for you.