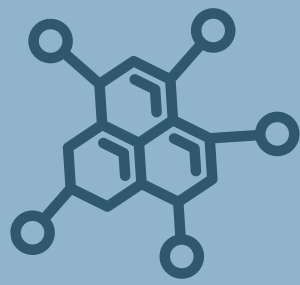


# 7 PROVEN TIPS TO REDUCE CRAVINGS AND BOOST WEIGHT LOSS.

Struggling with food cravings or stubborn weight that won't shift? Discover seven simple, evidence-based strategies to balance your hormones, control appetite, and support sustainable weight management — as discussed by Dr Raquel Delgado in her upcoming YouTube interview.

## Hunger Hormones



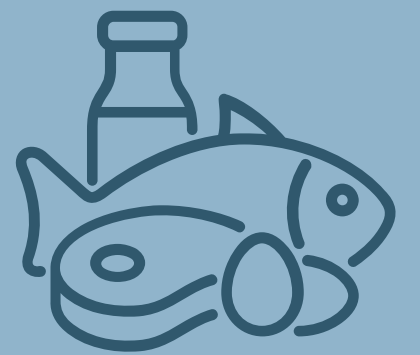
Understand your hunger hormones - insulin, ghrelin, and leptin all influence your appetite.

## Meal timing



Pay attention to meal timing - when you eat can matter as much as what you eat.

## Protein intake



Eat the right amount of protein to keep blood sugar levels stable and reduce cravings.

## Stay hydrated



Stay well-hydrated - dehydration can mimic hunger. Choose plain and sparkling water.

## Stress and sleep



Manage stress and sleep — cortisol imbalances can trigger sugar cravings.

## Avoid sugary drinks



Avoid fizzy drinks and smoothies that cause sugar cravings and insulin peaks.

## Avoid snacking



Avoid snacking in between meals to keep stable sugar levels and avoid insulin peaks