



# HUNGER AS A TOOL

*After you have eliminated sugar/flour for two weeks.*

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1. After you have removed sugar and flour from your diet, where are you on the hunger scale?
2. What does hunger feel like at -4?
3. What does hunger feel if you are at the -8 position?

*Describe the difference between the following types of hunger:*

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1. Emotional hunger:
2. Withdrawal from sugar and flour:
3. Physical hunger:

