

# The 30 Pound Club

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## The Brain in Your Gut

When I ride the recumbent bike, I usually watch TED videos. Some are motivational, some are informative, and not all are gems. But yesterday, I happened to catch a talk by Heribert Watzke (1), a scientist who works in the nutrition lab for Nestle, the food manufacturing conglomerate. It makes sense that Nestle has a nutrition laboratory, but this lab is a lot more because they're combining nutrition, chemistry, and neuroscience. Obviously, they want better-tasting foods, but they're aware of the obesity epidemic circling the globe. Creating satisfying foods with fewer calories is undoubtedly one of the goals. What caught me by surprise was that he focuses on what he calls the brain in our gut. Take time to watch that video when you have 20 minutes.

What I learned from his talk is that even though our gut has the same number of nerve cells found in a cat brain, what lies between our ears is much larger. While the gut can send powerful signals to the brain saying it's hungry, it can also help control the amount of food we eat if we make a conscious decision to do so. That's the key. We must decide what and how much we eat. The gut brain doesn't control us; we control it. We just have to decide to do it.

So when that gut starts talking to you, just ask, "Who's in charge?" Then take control. I'm not suggesting it's easy because when it's 9 p.m. and you're looking for a snack, that gut sends powerful signals. But if you decide to exert control, you can overcome the gut's demands. Just remind it that "My brain is bigger than your brain, so I'm in charge."

## 300-Calorie Meals

I said I would have it posted by Friday and I didn't get it done; it was too ambitious of me to think I'd have the time to do it on vacation. What I have done is found that there are a great number of frozen meals under various brand names that have from 170 to 360 calories. I rely on them occasionally and there are quite a few that are very tasty. It's always good to have a back-up meal in the freezer, so take some time to explore the possibilities in the frozen-food section; I would recommend sticking to the ones that are less than 300 calories with a balance between the protein and carbohydrates. They will never be equal, but if you stay away from most of the pasta dishes, you should hit the mark. If you combine that with the lower-calorie soups that are available, that should keep you going for awhile. When I have the list done, I'll send out a special 30 Pound Club message to let you know.

One and Done.

What are you prepared to do today?™

**Dr. Chet**

Reference: [www.ted.com/talks/heribert\\_watzke\\_the\\_brain\\_in\\_your\\_gut.html](http://www.ted.com/talks/heribert_watzke_the_brain_in_your_gut.html)

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