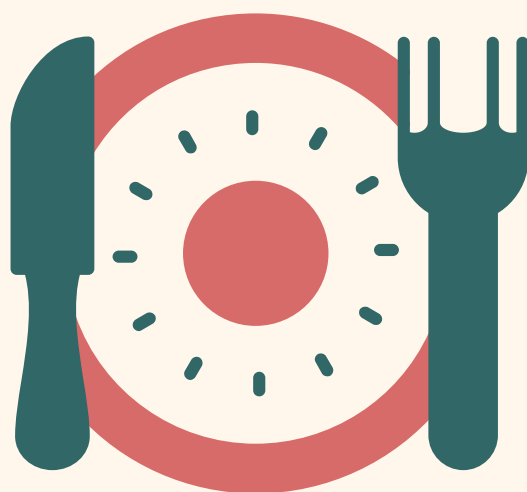


WHEN HUNGER GOES QUIET

A guide to understanding loss of
appetite and disturbed hunger cues,
with gentle ways to bring it back
without force feeding or fear



 The Gut
Perspective

By Paridhi Garg

YOUR HUNGER HORMONES ARE OUT OF SYNC

WHAT THIS MEANS?

Hunger isn't something you "feel" magically — it's regulated by hormones, mainly ghrelin (which signals hunger) and leptin (which signals fullness). When meals are irregular, portions are inconsistent, or you've been eating very little for a while, your body stops sending clear hunger signals. Not because you don't need food — but because your system has learned to conserve energy. This is why many people say: "I know I should eat... but I just don't feel hungry."

WHAT YOU CAN DO..



Eat at similar times daily, even if amounts are small.



Start with one "non-negotiable" meal (often breakfast)



Avoid waiting until you're "starving" to eat — that often backfires.

CHRONIC STRESS IS SUPPRESSING HUNGER

WHAT THIS MEANS?

When stress is chronic, your nervous system stays in “alert mode.” Digestion becomes a low priority. Blood flow shifts away from the gut, digestive enzymes reduce, and hunger naturally fades. You’re not ignoring food — your body is postponing digestion because it thinks it’s not safe to rest. This often shows up as:

- Low appetite + constant fatigue
- Feeling hungry only late at night
- Feeling better skipping meals (short-term)

WHAT YOU CAN DO..



Create safety around meals: sit down, slow your breath, remove distractions.



Choose comforting, warm foods that feel easy and familiar — not raw or restrictive.

YOUR GUT BACTERIA MAY NEED NOURISHMENT

WHAT THIS MEANS?

Your gut microbes influence appetite, digestion, and even cravings. When beneficial bacteria are underfed — due to low fiber intake, illness, antibiotics, or overly “clean” eating — hunger cues can weaken.

Without enough microbial activity, the gut simply doesn't send strong “feed me” signals to the brain.

WHAT YOU CAN DO..



Avoid force-feeding large raw salads initially. This will not digest very well.



Feed your gut first with prebiotic fibers: onions, garlic, lentils, oats, bananas.



Add fermented foods slowly to rebuild balance and improve digestion over time.

YOU'RE UNINTENTIONALLY UNDER-EATING

WHAT THIS MEANS?

Consistently under-eating can teach your body to run on low fuel. Metabolism adapts. Hunger dulls. Energy dips.

Ironically, the less you eat, the less hungry you feel — creating a quiet cycle that's hard to notice.

WHAT YOU CAN DO..



Add calorie density gently: drizzle oil, add nuts, seeds, ghee, or nut butter.



Try bitter foods before meals (lemon, greens, ginger) to stimulate digestion.



Build your small meals with all three: carbs + protein + fat — not “light” meals only

NO MOVEMENT, NO APPETITE

WHAT THIS MEANS?

Movement directly stimulates gut motility – the coordinated contractions that push food through your digestive tract. When you're sedentary, gastric emptying slows, appetite hormones like ghrelin drop, and hunger cues become blunted. Regular movement also improves blood flow to the gut and activates the gut-brain axis, helping your brain receive clearer hunger signals.

WHAT YOU CAN DO..



Light to moderate daily movement (walking, yoga, mobility) - great in the morning



30-40 minutes of moderate exercise at least 5 times a week



A short walk before your meal time to support appetite hormone signaling



A small note before you go.

Just know that every little step counts and if this helped you see your digestion a little differently and take a step forward, I'm really glad you stopped by here :)

For more gentle, real-life gut insights, find me at @thegutperspective

– Paridhi Garg