

**Health and Diet - October 11, 2004**

Note hunger as your body's way of letting you know the gas tank is low! Consider how varying degrees of hunger feel. Does your hunger progress from the sensation of stomach pangs to a touch of lightheadedness? Gone ignored, the sensation grows until it is no longer easy to make healthy food choices. Eat when you're hungry, so you don't get to the point you want to eat everything in sight.