

Course Description Science of Appetite

Appetite is a powerful driver of our behavior and we need to understand how the brain and gut regulate our appetite to be able to control it. Today, over 67% of Americans are overweight and/or obese with over 17% of our children being overweight/obese.

This is an introductory course that covers the brain-body connection of the science of appetite. Participants will learn about the different systems that govern appetite and behavior as well as the hormones that are involved in regulating metabolism, and what can be done to improve our metabolism and control our eating behavior. Additionally, an in-depth overview of the role of diet, exercise and drug therapy in relationship to appetite and metabolism will be covered.

Course Objectives

- Identify the hormones and neurohormones that govern appetite.
- Discuss the brain-gut connection and how they regulate appetite and metabolism.
- Identify the health implications of obesity.
- Design a lifestyle intervention plan to control appetite, improve metabolism, and normalize hormone levels.