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Stamp Out 'Weightism!'

Like racism and sexism, "weightism" is discrimination based on certain external attributes. American society highly values physical appearance based on what is seen in the media and entertainment industry even though it represents a micro-minority of the population. In fact, many of the images have been altered electronically or are the result of special effects, setting an impossible standard upon which beauty is judged.

Unfortunately, weight bias is rampant and widely tolerated in our society. In some cases it is blatant and cruel. At other times it is subtle, but just as harmful. And many times, the most hurtful weightist thoughts are your own, directed at yourself.

There are three important ways you can decrease weightism:

First, monitor your own negative thoughts and stereotypes about size and weight. Recognize that people come in a beautiful variety of sizes and shapes and deserve to be respected. I can assure that in my work over the last six years, participants in Am I Hungry? have been successful, loving, and productive members of society who have simply developed habits that they want to change and triggers they want to learn to overcome.

Second, don't buy into the weightist messages of others. Use positive self-talk and set limits with others when weightism is directed at you. Examples of thoughts and statements to help you overcome the weightism of others include, "If people judge me by my weight, they are the one with a problem," "My self-esteem does not depend on the opinion of others," and "Keep your comments to yourself!"

Last but most importantly, get rid your own weightist thoughts toward yourself. You may not be aware that you're having these thoughts until you notice that you are feeling shame about your body. Because these thoughts can be so damaging, work on replacing them with more realistic and compassionate messages. Stop comparing yourself to fashion magazines and best friends. Substitute positive body statements for weightist statements like "All bodies are acceptable including mine," and "My body doesn't have to be perfect to be wonderful."

There may be things you wish to change but you must love yourself unconditionally first—no strings attached. Most people with weight problems fear that if they accept themselves as they are, they will become totally out of control of their eating. Generally, just the opposite occurs because your harsh and judgmental attitudes usually cause you to eat more, not less. By accepting yourself, you will begin to appreciate your own uniqueness and learn to care for and respect yourself and others.

Wishing you optimal health and joy!
Michelle May, M.D.

P.S. Thank you for subscribing to this E-newsletter! To show our appreciation, please download this one page handout: “101 Things to Do Besides Eat”
http://www.amihungry.com/pdf/101_things_to_do_besides_eat.pdf

Am I Hungry? 8-Week Workshop

Winner of the 2005 Excellence in Patient Education Innovation Award

Monday evenings, April 3 – May 22, 2006
6:30-8:30 p.m. (in Ahwatukee, Arizona, just south of Phoenix)

Yes! You CAN learn to manage your weight without dieting. Join us for 8 interactive small group workshops. You will:

- Discover simple yet powerful tools for knowing when, what, and how much to eat
- Stop obsessing about food, eating, and your weight and free yourself to live the fulfilling life you deserve
- Experience the pleasure of eating the foods you love without guilt
- Learn the truth about nutrition without confusing, arbitrary rules
- Never again exercise to earn food or punish yourself for eating
- Boost your metabolism and increase your energy and fitness painlessly
- Nourish you body, mind, and spirit to build optimal health, energy, and joy

Your complete weight management program includes eight 2-hour live, interactive workshops, a copy of the award winning book, Am I Hungry? What To Do When Diets Don't Work, the companion Am I Hungry? Awareness Journal E-Book, and a motivational reminder delivered to your e-mail weekly. Am I Hungry? Weight Management Workshops fill quickly so register now at

<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2344436>.

Sun City Am I Hungry? Workshops

Workshops now also available in Sun City, Arizona (sponsored by Cigna) beginning in April. Call 602 861-7260 to register or obtain more information.

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Am I Hungry? 8-week Teleseminars*
Tuesday evenings, March 7 - April 29, 2006
6:30 - 8:00 p.m. Mountain Standard Time

Participate in these eye-opening, fun, and interactive Am I Hungry? workshops by telephone from the comfort and privacy of your home, office, or hotel room. Same great information and support as our in-person workshops. Space is limited. **Register now:** <http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2716896>

*What's a Teleseminar? A teleseminar is simply a conference call. No matter where you are, at the scheduled time, simply call to join us for these live, interactive workshops.

***NEW in our On-line Catalog**

I'm NOT Hungry – What Now?

Need help with emotional eating, poor body image, stress, relationships, negative self-talk and other traps? You can now fill your weight (and life) management tool box with these 8 motivating and eye-opening CDs and E-books. Save over \$50 – NOW JUST \$127. Buy now and you'll also receive a bonus CD and E-book F.R.E.E.

<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2703033>

Am I Hungry? Awareness Journal

If you have purchased a copy of Am I Hungry? from a bookstore, at a presentation, or from another website, you are entitled to receive \$5 off the companion Awareness Journal. Our workshop participants and many readers have used this Journal to guide them through the process and maximize their weight loss results. Pay only \$ 7.95 when you use this private link to take advantage of your discount:

<http://www.profcs.com/app/netcart.asp?sid=V6rWuvHQIAJomHoCym%20r3w==&merchantid=59012&productid=2512901>

Sign up to receive this Am I Hungry? E-newsletter once a month or read all of the practical and content-packed back issues at <http://www.amihungry.com/enews.shtml>.

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