



Go to <http://www.amihungry.com/pdf/newsletter-03-06.pdf> for a formatted PDF version of this newsletter.

Consumed

“On Tuesday night I attended a social function with some very nice women from my neighborhood. Four out of five were talking about how they shouldn’t eat the goodies the hostess had set out. One could only eat nuts because she was on the 9th day of the South Beach diet. Another one was adamant that we not ‘let her’ eat after 7:00 PM. Another woman was discussing which diet she was going to try next. All were frustrated, if not exasperated. I felt like telling the hostess not to put out any food next time because it caused so much turmoil. I am glad that I am out of that loop now. Thanks again for sharing such life-changing material with me.” Heidi.

As Heidi, one of our workshop graduates shared in that amusing email, our culture is consumed with dieting. It is the topic of choice in break-rooms and social gatherings everywhere. People have the mistaken belief that in order to manage their weight, they must think and talk about it all of the time. But thinking and talking about food (especially not eating food) only makes you want to eat it more, doesn’t it?

From the beginning of time people could trust their bodies to let them know exactly *when*, *how much*, and even *what* to eat. It was a matter of survival. Nowadays our survival depends on our ability to negotiate our complex, fast-paced, stressful environment – an environment that also happens to be chock-full of delicious, readily available food.

Naturally, many of us learned that food could provide needed stress relief, self-nurturing and pleasure – things we often don’t make time for or believe that we deserve. And naturally, when we consume food our body didn’t ask for, it has no choice but to store the extra fuel. And since our society is also consumed with thinness, that becomes a source of shame.

People think that food is their problem so they relegate the important responsibility of deciding *when*, *what*, and *how much* to eat to the latest diet guru. But the “experts” make rules that normal people can’t follow forever. And the “experts” can’t even agree on what the rules should be! No wonder people are exasperated.

Face it. It’s not about the food. So go ahead, enjoy some of the goodies your hostess set for you - when you’re hungry. Eating when you’re hungry doesn’t make you fat. All

that energy you consume trying to stick to your diet can now be focused on understanding *why* you eat when you're NOT hungry and learning better ways to relieve stress, nurture yourself and have fun.

If you're in the Phoenix area, join us for our next Am I Hungry?® workshop beginning April 3rd and I'll show you how. If you're a health professional and want to learn to facilitate workshops in your area, join us for Am I Hungry?® Facilitator Training June 8-11. There is more info on both opportunities below.

Become the expert at managing your own weight and consume yourself with living your best life!

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

Am I Hungry? 8-Week Workshop

Winner of the 2005 Excellence in Patient Education Innovation Award

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

Monday evenings, April 3 – May 22, 2006

6:30-8:30 p.m. (in Ahwatukee, Arizona, just south of Phoenix)

More info at http://www.amihungry.com/weight_loss_programs.shtml

Sun City Am I Hungry? Workshop

Workshops now also available in Sun City, Arizona beginning in April. Call Cigna Health Education at 602 861-7260 to register or obtain more information.

Break-Through Seminars and Support

Monthly in Phoenix. Next one, Wednesday April 12, 2006, 6:30 - 8:30 p.m.

Hey, Am I Hungry? Grads. The rung of a ladder isn't for just standing on. Take the next step up. Join us for problem solving, laughter, tears, and growth. Send an email to Info@AmIHungry.com and let us know you're ready to climb.

Am I Hungry?® Facilitator Training Program

Save the date: June 8-11, 2006

Phoenix, Arizona

Become a well-trained and licensed facilitator of the award-winning Am I Hungry?® weight management program. You can conduct Am I Hungry?® Workshops for your patients and clients in your office, community, health center, local corporations, health clubs, spas - opportunities are abundant! Read more at http://www.amihungry.com/health_professionals.php

Space is EXTREMELY limited - DO NOT DELAY

To reserve you spot or get more information, send an email to [Dr. May \(MMay@AmIHungry.com\)](mailto:MMay@AmIHungry.com).

(Please note: Am I Hungry? is a registered trademark and cannot be used in conjunction with your workshops unless you are trained and licensed by Am I Hungry?® If you are already utilizing our materials with your clients, please join us to learn the most effective techniques and access the best tools for helping them become healthier and happier!)

***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? Fill your weight (and life) management tool box with these 8 motivating and eye-opening CDs and E-books. For a limited time you'll save over \$50 AND receive a bonus CD and E-book.

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

Thank you for subscribing to this E-newsletter. Please pass it on!

Sign up to receive this Am I Hungry? E-newsletter once a month and get your complimentary copy of "101 Things to Do Besides Eat" at <http://www.amihungry.com/eneews.shtml>.

Copyright © 2006, Michelle May, M.D.