

## Am I Hungry? E-Newsletter April 2009

For a formatted version of this newsletter:  
<http://www.amihungry.com/pdf/newsletter-04-09.pdf>



### Contents:

1. Article - Trust Your Gut Instincts: Tuning In to Your Body, Mind, Heart and Spirit
2. *Am I Hungry?*® Facilitator Training Filling Fast! Join us April 28<sup>th</sup>!
3. 10-Year Anniversary BONUS: 8 Conference Calls INCLUDED with Self-Paced Program
4. Fall Book and Media Tour - Invite Dr. Michelle May to YOUR City!
5. Upcoming *Am I Hungry?*® Workshops and live events



## Trust Your Gut Instincts: Tuning In to Your Body, Mind, Heart, and Spirit

By Michelle May, M.D.

Have you ever said, “I have a gut feeling...” or “My stomach is tied in knots!”? There was a time when I wasn’t aware of my instincts—or didn’t trust them. Take eating for example: I usually led with my head.

**If I was off my diet**, I thought about food all the time. I’d walk to the break room at work or open my refrigerator to see if there was anything good to eat. Then I’d eat standing up or plop down with the whole package, with no awareness whatsoever about what I was physically or emotionally feeling.

**If I was on my diet**, I thought about food all the time. I’d think about what I was going to eat for each meal and snack and filter everything through my mental calculator: How many calories (or points) was it? How many minutes on the treadmill would it take to burn it off? Still, there was no awareness about what I was physically or emotionally feeling.

Many of us keep ourselves too busy, distracted, and disconnected to hear our hunger and fullness signals, much less all of the other valuable information available to us. Many diet and health “experts” lead us to believe that those signals cannot be trusted anyway. Our own personal experiences with overeating fuel that distrust, though ironically, overeating is merely a symptom of our disconnection from our true physical, emotional, and spiritual needs.

### Body Wisdom

As a physician, I’m tempted to explain this physiologically. After all, the gastrointestinal tract has 100 million neurons and 95% of the body’s neurotransmitter, serotonin. But a journey that began by learning to recognize hunger and fullness has taught me to trust my gut instincts in all things. The amazing results cannot be explained by biology alone.

Whether you call it your instinct, intuition, spirit, inner voice, body wisdom, a knowing, listening to your heart, or some other descriptor, it is a powerful and reliable source of information that you can learn to listen to and trust.

Logo property of  
Michelle May MD

In *Am I Hungry?*® books and workshops, we introduce the practice of **listening** with a Mind-Body Scan. We use it first to help you identify hunger and fullness, then to become more aware of other signals your body is trying to send you. I won't go into the details here but the essence of the mind-body scan is to *get quiet, breathe, and focus your attention.*

While listening to that inner voice can be challenging, **trusting** its wisdom is the more difficult part. We want to control, second-guess, and overanalyze the possible outcomes. While there's something to be said for checking in with your head, I've gradually learned that when the two don't agree, my gut is usually right.

## The Body, Mind, Heart, and Spirit Connection

Let me share just a few of the many non-food related examples from my own life that demonstrate how my inner wisdom has served me. Perhaps you can think of similar situations from your own life.

**Self-preservation:** I had just entered my hotel room when there was a knock at the door. I looked through the peep hole to see a maintenance man who said he was there to fix a hole in the wall. I looked around the room to substantiate his request and identified a small defect in the wallpaper. Something told me to ask him to come back later. He left but I still felt uneasy. I called the maintenance manager and asked them to wait on the repair until I checked out the following day. He couldn't find a work order for my room and when I described the man's uniform, he said it didn't belong to that hotel.

**Congruence:** I was recently asked to participate on a committee that had been working on a childhood obesity initiative for several months. During my first conference call, I began to "feel" uneasy. I didn't agree with the good food-bad food approach they had taken and I sensed resistance when I said so. It was clearly too late to have an impact on the direction they were headed and though I told myself I should stick it out, I could already feel the drain on my time, energy, and spirit. After the call, I took a few deep breaths and decided to trust my instincts to withdraw. I immediately felt better and inspired to share a more positive, less restrictive message.

**Clarity:** Last month many of you participated in a poll on my new blog at <http://www.eatwhatyoulovelovewhatyoueat.com/> to help me select the cover of my next book, *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. Your feedback was insightful and frankly, a bit surprising. The majority of you selected a cover with a beautiful heart-shaped ring of cherries. Others felt the cover with the single piece of heart-shaped chocolate was more compelling. I wanted to honor the vote but my spirit keeps insisting that the people who need this book will be drawn to the chocolate, a symbol of the freedom and joy that comes from eating fearlessly and mindfully. While chocolate is unexpected on a book in the diet and self-help section of bookstores, I sense that this cover will tug at the hearts of those who have a painful love-hate relationship with food and are ready to be healed.

## Practice Listening to Your Inner Wisdom

This week, whenever you find yourself unsure, struggling, or depleted, take a few moments to be fully present to all of the information that is available to you. Get quiet and listen to your body, mind, heart, and spirit. You'll feel more decisive, centered, and peaceful. Trust what you hear and act on it.

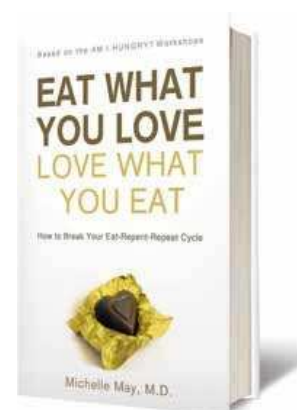
### Eat Mindfully. Live Vibrantly!

#### Michelle May, M.D.

P.S. If you'd like to work with me to discover a more balanced, pleasurable relationship with food, please read about my complimentary Tele-Workshop below!



Logo property of  
Michelle May MD



## TRUST THE TUG!

### NEXT AM I HUNGRY?® FACILITATOR TELE-TRAINING BEGINS APRIL 28<sup>TH</sup>, 2009

#### Hear from Shannon Sprague who just completed Facilitator Training after waiting TWO YEARS:

*I feel that this is the missing piece to the weight management puzzle. I love that it is a holistic approach because without working on the whole "self," there is no way to resolve the problem of using food to take care of ourselves as a coping habit. No diet, quick fix, or temporary solution can stand up to the effectiveness of Am I Hungry?®*

#### Has your heart been tugging at you to participate in Facilitator Training too?

Join us by telephone on Tuesdays beginning 4/28/09. Everything you'll need to facilitate your own *Am I Hungry?®* workshops is included. In just 12 weeks you'll be ready to offer workshops in your community, office or company. Register and/or download an information packet at <http://www.amihungry.com/facilitator-training.shtml>.

---

### TOO-GOOD-TO-PASS-UP 10TH ANNIVERSARY BONUS

### 8 CONFERENCE CALLS WITH DR. MAY INCLUDED WITH YOUR SELF-PACED PROGRAM

Robin Sobieski, who just finished one of our telephone workshops, sent an evaluation listing Top 10 major changes that resulted from the class. We cracked-up when we read "Change #4: Food does not control me. Food always controlled me. I obsessed about food. I had no willpower over food. Food called my name. Activities were around food...Not anymore! Can you believe a *thing* controlled my mind? We could make a science fiction movie based on it: *Ice Cream Mind Control: The Chilling Effect*. Coming soon to a theater near you!"

**What controls your mind? Are you ready to be free?** *Am I Hungry?®* founder Michelle May M.D. will offer **live, weekly, interactive *Am I Hungry?®* Tele-workshops** from May 5<sup>th</sup> – June 30<sup>th</sup> for everyone that purchases the *Am I Hungry?* Self-Paced Program by April 28, 2009. (Calls are also recorded so you never have to miss one!) To read more and/or register (by April 28<sup>th</sup> so we can ship all your stuff to you in time for the first call on May 5<sup>th</sup>!), please visit: <http://www.amihungry.com/self-paced-programs.shtml>

---

### FALL BOOK AND MEDIA TOUR

### INVITE DR. MAY TO YOUR CITY TO SPEAK!

We are celebrating the launch of ***Eat What You Love, Love What You Eat*** with a multi-city book tour this fall. We are in the early planning stages so if you would like Dr. May stop in your area, please send an email to [Training@AmIHungry.com](mailto:Training@AmIHungry.com) telling us about the group (or groups) that need to hear her inspiring mindful eating message. We will contact you to explore opportunities to create a memorable, meaningful event! Great audiences for Michelle include:

- Corporations
- Associations (medical, food industry, and any that offer personal development for members)
- Hospitals, medical centers, health insurance companies
- Medical meetings (CME available)
- Women's conferences
- Community-wide wellness events
- Spas and Wellness Centers
- Colleges
- Churches
- Charity/Foundation Fundraisers
- Bariatric support groups
- Television, radio, and print media

- ANY group that needs a positive and practical approach to a healthier lifestyle

To view a demo video and preview keynote and workshop topics, please visit [www.MichelleMayMD.com](http://www.MichelleMayMD.com).

### **Book Tour Sponsorships Packages Available**

Companies wishing to promote a healthy lifestyle and mindful eating message to their target market should contact us at [Training@AmIHungry.com](mailto:Training@AmIHungry.com) to discuss sponsorship opportunities and packages.

---

## **AM I HUNGRY?® WORKSHOPS AND EVENTS...**

### **Workshops (and complimentary introductory workshops) coming soon:**

Westmont, Illinois; Fort Meyers, Florida; Bluffton, Indiana; Hanover, Massachusetts; Mashpee, Massachusetts; Pelham, New Hampshire; Portland, Oregon; Manassas, Virginia; Mesa, Arizona; Phoenix, Arizona; Madison, Wisconsin; and other cities. Read more and find a workshop near you at <http://www.amihungry.com/weight-management-workshops.shtml>

### **MICHELLE MAY MD SPEAKING AT THESE EVENTS:**

**April 20<sup>th</sup>, UCSF Annual Review in Family Medicine:** Eat Mindfully, Live Vibrantly.

**May 1<sup>st</sup>, ValleyCare Health System (Pleasanton, California):** Eat Mindfully, Live Vibrantly.

**May 10<sup>th</sup>, Mountain Park Community Church (Phoenix):** Mother's Day Message

**June 12<sup>th</sup>, Arizona Dietetic Association (Scottsdale):** Eat Mindfully, Live Vibrantly

**June 19<sup>th</sup>, Binge Eating Disorder Association (Baltimore):** Mindful Eating Experiential

**June 20<sup>th</sup>, Maryland Academy of Family Physicians (Baltimore):** Includes Mindful Eating experiential

**July 18-21, National Speakers Association Convention (Phoenix):** Invest in Your Greatest Asset

**September 11<sup>th</sup>, Inner IDEA (Palm Springs):** Two sessions - Fearless Eating and Mindful Eating

**October 15-16<sup>th</sup>, American Academy of Family Physicians (Boston):** Three sessions – Creating a Vibrant, Healthy Workplace and A Family Centered Approach to the Prevention of Childhood Obesity

**October 19<sup>th</sup>, American Dietetic Association (Denver):** Diabetes Self-Management with Mindful Eating

**October 21<sup>st</sup>, ASWA/AWSCPA Joint Conference (Las Vegas):** Eat Mindfully, Live Vibrantly

---

Order your own complimentary Am I Hungry?® E-news subscription or read past issues at: <http://amihungry.com/enews.shtml>