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**Am I Hungry? E-Newsletter  
May 2006**



Go to <http://www.amihungry.com/pdf/newsletter-05-06.pdf> for a formatted PDF version of this newsletter.

See end of E-News for Facilitator Training and our Special Event: Am I Hungry? Intensive and Mindful Eating Lunch.

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## **CAN MULTITASKING CAUSE WEIGHT GAIN?**

By Michelle May, M.D.

Have you ever finished a candy bar and wished you had just one more bite? Are you surprised when your hand hits the bottom of the popcorn bucket at the movies? Do you ever feel completely stuffed and miserable after you eat?

These are all symptoms of unconscious eating.

Many people eat while they watch TV, drive, work—even while talking on the telephone. And many people eat too fast, so busy filling the next forkful that they don't notice the bite in their mouth. Since your brain can only really focus on one thing at a time, you'll miss the subtle signs of fullness so you won't stop until you feel uncomfortable or until you run out of food. Most importantly, you won't enjoy your food as much so you have to eat more to feel satisfied.

The solution is to pay attention while you're eating—but that's not as easy as it sounds.

Start by recognizing whether you're hungry *before* you begin eating. (Hmmm, I wonder if that is why it's called Am I Hungry?) If you aren't hungry, you won't be as interested so it will be harder to stay focused. Besides, if a craving doesn't come from hunger, eating will never satisfy it.

Next, decide how full you want to be when you're finished eating. When you eat with intention, you're less likely to keep eating until the food is gone.

Surprisingly, one of the most important steps is eating what you really want. Our society is so obsessed with eating right that we sometimes eat things we don't even like. However, satisfaction comes not just from fullness but from enjoying the taste of your food--without guilt. Feeling guilty about eating certain foods actually causes more overeating, not less.

The bottom line is that weight management is not just about *what* you eat. *How* you eat matters just as much. A participant in our Mindful Eating potluck during a recent workshop commented, “This is the first time I can ever remember feeling comfortable after a potluck – but I ate everything I wanted and loved every bite.”

I'd love to walk you through the Mindful Eating experience step by step. Please join me for the ***Am I Hungry?® Intensive Workshop and Mindful Eating Lunch*** on Saturday, July 22 from 10:30-1:30 p.m. at the Buttes Marriott Resort in Tempe, Arizona. Additional information and registration is available at [www.AmIHungry.com](http://www.AmIHungry.com) or by calling 480 704-7811.

No rules, no deprivation, no sneak eating. Just practical tools you can use to enjoy your food more while eating less – for life!

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

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## **BECOME A LICENSED AM I HUNGRY?® FACILITATOR**

**Do you want to make a lasting impact on the lives of your patients and clients?**

If you are passionate about helping people make sustainable healthy lifestyle changes, join us for Am I Hungry?® Facilitator Training in Phoenix, Arizona July 20-23. (PLEASE NOTE change of date and venue since the last e-newsletter). Get all the details at <http://www.amihungry.com/pdf/facilitator-training.pdf>

This amazing 3-day workshop will teach you how to deliver the award winning Am I Hungry?® Workshops in your office, community, hospital, corporation or health club. This won't be another boring conference! Be prepared to be inspired by accelerated learning techniques, peer-to-peer interaction, ready-to-use tools and many opportunities to practice what you'll teach.

Enjoy the gorgeous Buttes Marriott Resort in Tempe, Arizona. The Facilitator Training includes six great “practice” meals. And for this Training session only, you will also receive our new FIT KIT. This home gym in a bag includes a pedometer, a stability ball with pump and video, a yoga mat with block and strap and an elastic resistance band.

As a licensed Am I Hungry?® Facilitator, you and your participants will also have access to a private website with a private online journal, members-only resources and our newest tool, Think: Am I Hungry?®

Get all the information you need to make this important decision to grow both professionally *and* personally. The information packet includes schedule, hotel info, FAQs, prices etc. <http://www.amihungry.com/pdf/facilitator-training.pdf>

Application for over 15 hours of continuing educational credit is pending.

(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!)

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Sign up for your complimentary subscription to this short, monthly Am I Hungry? E-newsletter and get a bonus copy of “101 Things to Do Besides Eat” to hang on your refrigerator: <http://www.amihungry.com/enews.shtml>.

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