

Am I Hungry? E-Newsletter May 2009

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<http://www.amihungry.com/pdf/newsletter-05-09.pdf>



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Need Inspiration? Watch our NEW *Eat What You Love* video book trailer

We all need a little inspiration sometimes. Take just 82 seconds to watch our new *Eat What You Love* video. If you feel inspired, take 60 seconds to forward the link to all of your friends!

<http://www.youtube.com/watch?v=pl37UIVhAAg>

Very Short Article #1

Would You Allow Someone to Buy You Off with Food?

By Michelle May, M.D.

Angela recently shared this amazing insight and I asked her permission to share it with you. I hope it will help you see your eating from an entirely different perspective!

I've noticed that sometimes when I am feeling resentful about something, I reach for food as a sort of compensation for having had to put up with the source of the resentment.

Once I realized this particular trigger, it struck me as totally absurd! If someone offered me food under those terms, I would NEVER accept it. Just imagine someone saying, "Listen, I've decided to treat you unfairly on this issue, but I'm happy to buy off your bad feelings with this plate of goodies." I can think of several impolite responses that I might choose...but there's no way I'd accept food in return for being taken advantage of! I would be offended that someone would even make such an offer. And yet, that's precisely what I'm doing each time I feel resentment and reach for food to soothe myself.

Now that I realize what I am really doing, I'm going to be more careful to avoid such situations and when necessary, assert my right to fair treatment. I know that I have better coping skills than eating, if I just remember to use them.

The next time you find yourself reaching for food to soothe a hurt, an insult, or an injustice, ask yourself, if this person offered me food to make up for it, would I take it?

Very Short Article #2

What Are You Really Hungry For?

Someone viewed our new Eat What You Love video <http://www.youtube.com/watch?v=pI37UIVhAAg> and left a comment on YouTube:

Very inspiring. Wish I could feel that way. I am hungry for all those things.

Here was my reply to her:

You CAN feel that way by making one choice at a time. I started by meeting my true needs:

When I'm hungry, I eat what I love.

When I'm bored, I do something I love.

When I'm lonely, I connect with someone I love.

When I feel sad, I remember that I am loved.

So I ask you, in addition to food, what else do you love?

Eat Mindfully. Live Vibrantly!

Michelle May, M.D.

INTO SOCIAL NETWORKING? CONNECT WITH MICHELLE!

I'd love to connect with you! Join me on any or all of the following sites. (For the benefit of those that haven't gotten involved in social networking yet, I've provided a brief explanation with each.)

1. **Twitter:** Follow me on Twitter www.twitter.com/eatwhatyoulove. Twitter is a rapidly growing social networking medium that gives you 140 characters to answer the question "What are you doing?" Of course no one really cares if I am watching TV or brushing my teeth so I'll be sharing my Mindful Moments, ahas to inspire you, and other interesting tidbits. It's easy – try it!
 2. **Facebook:** Facebook is a general networking site; just go to <http://profile.to/michellemay/> and log-in or sign-up. (In the very near future we will also add a Facebook Fan page – I'll let you know through Facebook when it is up.)
 3. **LinkedIn:** Linked In is a professional networking site; Just go to <http://www.linkedin.com/in/amihungry> and log in or sign-up. (In the very near future we will also start an Am I Hungry? group on LinkedIn – I'll let you know through LinkedIn when it is up.)
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FALL BOOK 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 speaking and media tour. 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 telling us about your group (or groups) and media outlets 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
- Health care professional meetings and training (CME available)
- Women's conferences
- Community-wide wellness events
- Spas and Wellness Centers
- Colleges
- Churches
- Charity/Foundation Fundraisers
- Bariatric support groups
- 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.

Book Tour Sponsorships available for companies wishing to promote a mindful eating message to their target market! Contact us at Training@AmIHungry.com to discuss sponsorship packages.

AM I HUNGRY?® WORKSHOPS AND EVENTS...

Workshops (and complimentary introductory workshops) coming soon:

Westmont, Illinois; Fort Meyers, Florida; Westmont, Illinois; Hanover, Massachusetts; Mashpee, Massachusetts; Mesa, Arizona; Phoenix, Arizona; 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:

June 12th, Arizona Dietetic Association (Scottsdale): Eat Mindfully, Live Vibrantly

June 20th, Maryland Academy of Family Physicians (Baltimore): Includes Mindful Eating experiential

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

September 11th, Inner IDEA (Palm Springs, CA): Two sessions - Fearless Eating and Mindful Eating

October 3rd, Southeast Georgia Health System (Brunswick, GA): Eat Mindfully, Live Vibrantly (with cooking demo of a few of the recipes in Eat What You Love)

October 15-16th, 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 19th, American Dietetic Association (Denver): Diabetes Self-Management with Mindful Eating

October 21st, ASWA/AWSCPA (Las Vegas): Eat Mindfully, Live Vibrantly

December 7-13, National Institute for the Clinical Application of Behavioral Medicine (Hilton Head): Eat What You Love, Love What You Eat

Order your own complimentary Am I Hungry?® E-news subscription and download **101 Things to Do Besides Eat:** <http://amihungry.com/enews.shtml>