

**Am I Hungry?® E-Newsletter
June 2008**

For a formatted version of this newsletter: <http://www.amihungry.com/pdf/newsletter-06-08.pdf>.

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THE FOOD LOVERS GUIDE TO TRAVEL, MEETINGS, AND DINING OUT WITHOUT DEPRIVATION, GUILT, OR OVEREATING (MOST OF THE TIME)

By Michelle May, M.D.

The most common praise I hear about *Am I Hungry?* is that people have freedom without fear around food. I believe that's what it takes to reach and maintain a healthier weight in our abundant food environment. In other words, we have to love food *more*, not *less*. This is great news for all of us "foodies."

As a recovered yoyo dieter, I am never more grateful for this lesson than when I travel or dine out. In my old Restrictive Eating Cycle, vacation and restaurants were among my most challenging situations. (If you don't know what I mean by "Restrictive Eating Cycle," download a complimentary copy of the first chapter of *Am I Hungry?* from <http://www.amihungry.com/am-i-hungry.shtml>.) I would either give up, promising to go back on my diet later, or I'd carefully select all my meals based on calories, fat, points, or whatever I was counting at the time, completely missing the opportunity for novel and exciting food experiences.

Not anymore!

June was a full month of business and leisure travel—and wonderful meals enjoyed without the bitter taste of guilt to spoil them. Since people sometimes ask, "What exactly *do* you eat?" I decided to chronicle my recent trips with a tip-a-day throughout July to show you *Am I Hungry?*® strategies in action. I don't want to overload your email box so I'll be posting my daily tips to my blog, *Consumed*, at <http://consumed.freedomblogging.com/>.

I'll be sharing short stories, tips and photos based on my recent travels to Kansas City, Australia, New Zealand, Fiji, California,



Nevada, and Washington. During July, I'm also headed to Ohio and New York City (my first visit there). I'll use these travel blogs to answer some of the most common questions I hear from people about how to practice a healthy lifestyle under some of the most challenging social conditions:

- Business meetings and conferences
- Dining out
- Airports
- Vacations
- Eating with your family
- Special occasions

If you're at all familiar with *Am I Hungry?* you already know that I'm NOT going to focus on what you should or shouldn't eat. Instead this is more of a "have your cake and eat it too" approach. (Read the rest of this E-news for three other personal accounts about the power of freedom from fear around food.)

If you just want the short answer to "What exactly do you eat?" it is "Whatever I really want." If you want to know *how*, click on this link daily throughout July to read my blog:
<http://consumed.freedomblogging.com/>.

Eat Mindfully. Live Vibrantly!
Michelle May, M.D.

P.S. If you're a food lover, please help me spread this message! There are three things you can do:

1. Forward this E-Newsletter and link <http://consumed.freedomblogging.com/> to your friends, family, colleagues, patients, and clients with a brief comment about why you think they might enjoy reading it.
2. Put a link to the Consumed blog on your Web site, blog, newsletter, or forum.
3. Most importantly, please post your comments to my blog posts. We all love to read what other people think about learning to love food again.

OFFER AM I HUNGRY? WORKSHOPS IN YOUR OFFICE, COMPANY, OR COMMUNITY JOIN US FOR AM I HUNGRY?® FACILITATOR TRAINING BEGINNING AUGUST 19TH

"It's honestly difficult for me to summarize what taking the Am I Hungry? Facilitator Training has done for me – both personally and professionally. It was JUST what I was looking for on so many levels. If I had to put it in a nutshell, it would be this:

1. *Personally – I silently struggled with restrictive eating, "emotional eating" and a good dose of compulsive exercise for many years. Although I have never been over weight, I spent many years with the same self-defeating thoughts and behaviors around food, weight and body that many overweight yo-yo dieters do. I was able to get myself to a much healthier point over the years on my own, but I could never QUITE make the leap to re-discovering that*

instinctive eating and activity style I had as a young girl. This program has given me the concrete tools I need to bridge that gap. I feel a sense of freedom I haven't felt in 15 years.

- 2. Professionally – I work with clients in my private coaching practice, many of whom struggle with their weight. In my practice, I have never felt very good about working with the typical weight management interventions such as following a calorie-based meal plan, tracking food and exercise intake, counting points, focusing on “portion control”, blah blah blah. I always felt these things were like band-aids on a heavily bleeding wound – they’re a temporary fix but they’ll never work for the long term. But, as I tried to delve deeper into coaching around emotional eating, restrictive eating and all the things that go along with those patterns, I just didn’t feel I had all the “tools” I needed to be effective (after all, if I couldn’t even help myself ... how could I really help my clients?) The training has given me those tools and has allowed me to help clients in a new, refreshing, inspiring way.*

There are other things: Michelle is incredible; the extra resources are plentiful and well done. It’s definitely worth your money.” - Rebecca Johnson, M.S., Licensed Wellcoach

Details and registration: <http://www.amihungry.com/facilitator-training.shtml>.

READER E-MAILS OF THE MONTH

Hi Doc.

I am very pleased with the copy of Am I Hungry?. I purchased the book after a talk with my doc; I am about sixty lbs overweight so we discussed why I am eating so much. I read the book the day it arrived, and I can say it has given me insight on the way I eat. I have developed a strategy, and by my next Dr's appt, I hope to be on my way to losing this excess weight and your book is the reason. Many thanks for the book.

Sincerely,
Rockne Miller

I am an emergency physician and have always struggled partly due to my crazy schedule. I have never had this much success managing my eating, and I just started! This has been a big help. Thank you for these great products!

Jenny Wares

AM I HUNGRY?® WORKSHOPS COMING UP

Workshops starting soon: Farmington, New Mexico; Portland, Oregon; Reston, Virginia; Highland Park, New Jersey; Kent, Washington; and Phoenix, Arizona.

Find a workshop near you at <http://www.amihungry.com/weight-management-workshops.shtml> or do a Self-Paced Program <http://www.amihungry.com/self-paced-programs.shtml>.

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