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



Go to <http://www.amihungry.com/pdf/newsletter-07-06.pdf> for a formatted PDF version of this newsletter.

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

DIET OR LIFESTYLE CHANGE?

By Michelle May, M.D.

Just before I spoke at a medical conference recently, a doctor that didn't know anything about Am I Hungry? asked me, "Is this one of those lifestyle things? I hope so because if people would just stick to their diet and go to the gym every day, we wouldn't have an obesity epidemic."

Excuse me. Sticking to a diet and going to the gym every day is not a lifestyle change. It's torture.

For many people in the healthcare and fitness field, lifestyle change means, "You'll be on this diet for the rest of your life!" But ironically, most of them don't diet to manage their weight, so why do they think their patients or clients should?

I asked him, "What other treatments do we recommend to several patients a day, even though we know they are going to fail 90-95% of the time? And when they fail, why do we blame the patient instead of the treatment?"

After my talk, another physician said that she had been recommending Am I Hungry? to her patients and that it had given so many of them hope about their ability to make REAL lifestyle change. It made my day.

Here are some questions that will help you tell if you are making (or recommending) REAL lifestyle changes:

- **Could I do this everyday for the rest of my life?** If the answer is "NO!" then don't bother, because when you stop, you'll probably go back to what you were doing before.
- **Do I feel deprived, hungry, guilty or resentful?** These are negative feelings; human beings don't do anything for very long if it makes them feel bad.

- **Do I feel better when I am doing this?** For example, if I stop eating when I feel satisfied instead of stuffed, I feel comfortable and have more energy. When something feels good, you're more likely to repeat that behavior in the future.
- **Am I being patient and gentle with myself?** Real change often takes place gradually and imperfectly.
- **Do these changes fit comfortably into my lifestyle and preferences?** Can I still eat with my family, socialize with friends and enjoy my favorite foods? If not, you'll look for reasons to quit.
- **Am I thinking in terms of all or nothing, good or bad, black or white?** Those thoughts usually backfire since real life isn't like that. Instead, give yourself the opportunity to balance your choices. That way you won't have to give up because you were "bad."
- **Am I changing WHY I do things, not just WHAT I do?** In other words, am I thinking about WHY I eat cookies when I am bored or did I just switch to light microwave popcorn? If you don't address the real reasons you eat, then nothing will really change and you'll eventually go back to cookies.
- **Are my goals just about weight loss, or are they about being healthier and feeling good?** Don't define success as some arbitrary number on a scale. Set small goals based on how you feel so you'll get constant reinforcement from the inside.

My lifestyle changes started with the realization that I just couldn't put myself through another round of weighing, measuring, counting and denial. Ironically, when I finally freed myself up from the rules, I rediscovered my instinctive ability to make choices that help me feel better, like eating when I'm hungry, balancing eating for health with eating for pleasure, doing yoga or hiking with a friend.

What small thing will you start today that you could do for the rest of your life? Congratulations! That is a real lifestyle change.

If you're in the area, please join me for the ***Am I Hungry?® Intensive Weight Management Workshop*** on Saturday, July 22 from 10:30-1:30 p.m. at the Buttes Marriott Resort in Tempe, Arizona. We'll also have lunch together to practice what you've learned. Additional information and registration is available at www.AmIHungry.com or by calling 480 704-7811.

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

Am I Hungry?® Intensive Workshop and Mindful Eating Lunch

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

Saturday, July 22, 2006

10:30 am-1:30 pm

Buttes Marriott Resort, Tempe, Arizona

Space is limited so [Register](#) at www.AmIHungry.com - only \$67 including lunch*

*Risk-free: If you don't get your money's worth, we'll refund the entire fee

Join us for this fun and interactive workshop by Dr. Michelle May and learn practical strategies you can live with - forever:

- Why diets aren't the answer for long term weight management
- How to eat the foods you love without guilt - and *without* bingeing
- How to break free from yo-yo dieting
- How to use simple internal tools to know when, what and how much to eat, every time

A delicious lunch is included (with dessert of course)! Space is limited - [Register](#) NOW for just \$67. *Risk-free: If you don't get your money's worth, we'll refund your entire fee.

GREAT NEWS FOR AM I HUNGRY?® FACILITATOR CANDIDATES!

All Facilitators will receive our new Am I Hungry? 8-Workshop DVD set at no additional charge – a \$397 value - in addition to everything else that is already included in your training!

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. 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. (See the email below from a Facilitator-in-Training).

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?®

AND, you will receive the Am I Hungry? 8-Workshop DVD set with Workbook at no additional charge – worth \$397!

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!)

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/eneews.shtml>.

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