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



Go to <http://www.amihungry.com/pdf/newsletter-09-06.pdf> for a formatted PDF version of this newsletter.

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## **THE LAST (OR NEXT) TEN POUNDS**

By Michelle May, M.D.

What is it about that last (or next) ten pounds that makes them so hard to lose? At the risk of losing credibility, I have to admit that I struggle with them myself. So I put together a list of six questions you (and I) must ask to get that scale moving again.

1. **Are my goals realistic?** If you are comparing yourself to your wedding pictures, dying to look like the cover of Vogue, or striving to be the only person in your family without the “Hughes Hips,” you may be fighting an uphill battle.
2. **Is it worth it?** If you are facing health consequences or are limited in your ability to live your life the way you want, the answer is probably YES! If you just want to wear your daughter’s jeans, it may not be.
3. **What is the most likely problem? (Be honest!)** Although I can sometimes convince myself that I have no idea, in truth, I am pretty sure it is that glass of wine in the evening and my passion for chocolate.
4. **Am I willing to do what it will take?** Back to that glass of wine and my chocolate...at this point in my life, I’m just not willing to give up the things that I love. However, I am willing to practice moderation and skip the less wonderful things that have slipped into my diet.
5. **What three SMALL steps am I willing to take *starting today*?** Forget the all or nothing approach. It only keeps you trapped in your Overeating and Restrictive Eating Cycles. Here is my 3-Step Action Plan: I will consciously choose a lighter option for lunch, take a REAL break in the afternoon instead of having a snack to get me through, and fit in an extra walk or hike each week.
6. **Am I postponing my life until I lose those 10 pounds?** Once you have created your initial 3-Step Action Plan, get on with living your life! Obsessing about ten pounds only zaps your energy and self-confidence. Instead, do

something that proves how wonderful you really are - and stop waiting for the scale to tell you.

Write down your 3-Step Action Plan and send it to me at [Info@AmIHungry.com](mailto:Info@AmIHungry.com) with "Next 10 Pounds" in the subject line. Just making the commitment to write it down and tell someone will help move you forward. Hey, if I can tell over 4000 people, you can at least tell me!

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

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## **SHATTERING THE DIET MYTH ON MAIN STAGE AT THE PHOENIX BEAUTY, HEALTH AND FITNESS SHOW**

The [2006 Beauty Health & Fitness Show](#) promises lots of things to see and do. Held at the Phoenix Civic Plaza Hall D, Michelle will speak on "Shattering the Diet Myth" on the Main Stage at 1:00 pm on both Saturday and Sunday, October 7th and 8th.

Admission is \$4.00, but print out a \$1.00 off admission coupon at [http://www.beautyandhealthshow.com/discount\\_coupon.html](http://www.beautyandhealthshow.com/discount_coupon.html) courtesy of Am I Hungry?®

Please also stop by our booth (#717) to say hi. Tell us you read about it in this E-News and we will give you a copy of "Am I Hungry? What To Do When Diets Don't Work" when you buy a DVD set or Fit Kit!

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## **AM I HUNGRY? WEIGHT MANAGEMENT DVDS WITH BONUS WORKBOOK**

**Hurry!** Save \$100 until the end of September – use this link <http://www.profc.com/app/netcart.asp?MerchantID=59012&ProductID=31774>.

**End your struggle with food and weight in the privacy of your own home.** If you don't have an Am I Hungry?® Workshop near you or if you aren't a "group person," you can still change your life with these eight weight management workshops.

- All 8 award-winning Am I Hungry? Workshops on 4 DVDs
- Michelle May, M.D. facilitates these live, interactive workshops
- Watch REAL participants discover real solutions to their lifelong weight issues
- Bonus Workbook and Journal (ONLY available to Workshop participants and with this DVD set)
- Based on the 2nd edition of Am I Hungry? – not available to the general public until 2007

- Packaged in an attractive, durable case
- 2-day Priority Shipping in the United States

Use this link to get \$100 off if you buy yours before the end of September  
<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=31774>.

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## CALLING ALL AM I HUNGRY?® FACILITATOR CANDIDATES!

If you are passionate about helping people make sustainable healthy lifestyle changes, join us for our next Am I Hungry?® Facilitator Training in beautiful Phoenix in November. Read all the information you'll need at <http://www.amihungry.com/health-professionals.shtml>.

(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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## LOOKING FOR A WORKSHOP IN YOUR AREA?

Am I Hungry?® Workshops are now available throughout Arizona, and in Anchorage, Maryland, Maine, New Jersey and Utah. Go to <http://www.amihungry.net> and click on Find a Facilitator. No facilitator in your area? Tell your doctor, personal trainer, dietician, or health coach to sign up!

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## HEALTH PROFESSIONALS

**Patient Care Cover Article:** Read the August 2006 Patient Care journal "How to Apply a Lifestyle Approach to Counsel Overweight Patients." We've heard great feedback, like this email from Dr. Austin:

*Hi Michelle,*

*The article you wrote in Patient Care was great! It was one of the best I've read...well referenced with practical information for Family Physicians to incorporate into office visits. Kudos!!*

*Armaity Vaghaiwalla Austin, MD, MPH, FAAFP  
President, Arizona Academy of Family Physicians.*

The article outlines strategies for the practicing clinician to help the patient who has "tried everything to lose weight." It begins by examining why restrictive diets have not been effective for long-term weight management then focuses on a lifestyle approach for counseling patients. Read the full article at <http://www.patientcareonline.com/patcare/>

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Visit our updated website at [www.AmIHungry.com](http://www.AmIHungry.com).

Know someone who would benefit from this monthly E-Newsletter? Forward it so they can sign up for their complimentary subscription and receive a bonus copy of "101 Things to Do Besides Eat" to hang on their refrigerator:

<http://www.amihungry.com/enews.shtml>.

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