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Am I Hungry? E-Newsletter
October/November 2006



Go to <http://www.amihungry.com/pdf/newsletter-11-06.pdf> for a formatted PDF version of this newsletter.

I remember when I learned to ride a bike. My dad would run along behind me gently holding on until one day, I felt him let go. I saw a parked car on the street and began to frantically think, "Don't hit the car! Don't hit the car!" Of course, that's exactly what I did. It felt as though the car was a powerful magnet drawing my bike right to it.

That is the way holiday eating can be too. "Don't eat the cookies." "Don't eat seconds at Grandma's." "Don't have the pie." The food becomes a powerful magnet for your attention and often, for your mouth. The very thing you think about NOT doing is the very thing you end up doing.

It is a well-known axiom in the self-improvement arena: That which you think about expands. For example, when I focus on how busy I am, I start to feel overwhelmed. When I focus instead on how many wonderful opportunities there are, I am able to get everything done that is important.

So how does this apply to weight management? Practice thinking about what you want to do – instead of what you don't want to do.

Think about feeling comfortable at the end of your meal. Think about choosing foods and portions that leave you feeling satisfied and energetic. Think about thoroughly enjoying your favorite holiday treats, knowing that the first one is always the best. Think about adapting your exercise routine to fit your busy schedule so you'll feel great all winter.

Even if you've struggled with holiday overeating in the past, allow yourself to try again without creating the self-fulfilling prophecy of "I always gain weight during the holidays." That is a thought that will literally expand.

As I wrote this, I decided that I absolutely don't want to let you struggle through another holiday season. I set up a complimentary Tele-Workshop for you on Tuesday, November 14th. We'll hit all the basics of Am I Hungry? so you can approach the holidays with a fresh perspective. Grab your seat by registering today (ignore the credit card info on the form – this is my gift to you!) and I'll send you the call-in instructions. To register, just go here - you'll be so glad you did!: <http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=3277935>

For those that want to dig deeper and apply the strategies for the best holidays ever, you can register to participate in the complete 8-week Tele-Workshop on Tuesdays (except for 12/26/06). Our last session will be January 2, 2007 when we will wrap-up by setting powerful New Year's Resolutions. I know it sounds corny but I imagine myself running along behind your bike until you are ready to ride on your own!

You know, I eventually got back on my bike and gradually learned that it was much easier when I focused on where I was going. This holiday season, focus on what you really want and you'll be drawn right to it!

Wishing You Optimal Health and Joy!
Michelle May, M.D.

P.S. At the bottom of this E-News read some of the great steps you wrote me about last month for your "Next Ten Pounds." I hope you'll be inspired too!

OPRAH & FRIENDS

Tune in to Oprah & Friends on XM Radio Wednesday, November 8 to hear Dr. Michelle May and Dr. Mehmet Oz as they discuss important weight management issues. More info soon at http://www2.oprah.com/xm/moz/moz_main.jhtml.

UPCOMING AM I HUNGRY? WORKSHOPS

Don't Survive - Thrive through the Holidays Tele-Workshop
Join Dr. May on November 14th at 6:30pm (Central)
<http://amihungry.com/weight-management-programs.shtml>

Am I Hungry?® Workshops are also 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, dietitian or health coach to sign up!

HEALTH PROFESSIONALS – MAKE A DIFFERENCE!

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 March 29-April 1, 2007. Read all the information you'll need at <http://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!)

OPTIMIZE YOUR RESULTS

Now when you buy Am I Hungry? What To Do When Diets Don't Work at <http://amihungry.com/am-i-hungry.shtml>, you'll also receive the companion Awareness Journal PDF.

YOUR LAST (OR NEXT) TEN POUNDS

In the article "[The Last \(or Next\) Ten Pounds](#)" last month, I talked about making changes by breaking your plan into three realistic, manageable, positive (there's that theme again!) steps. If you missed it, go to www.AmIHungry.com and click on Motivational E-News. All of the past issues are archived there. I did pretty well on two of my three steps and have added some new ones. How about you?

Take a look at some of the steps some of you decided to take:

1. I will add at least 60 minutes of exercise each week to my current routine
2. I will choose fruit and veggies over processed food for snacks and meals
3. I will consciously work to listen to my body for real hunger signals, not emotional signals...
4. Take time and reflect *before* I eat.
5. Drink more water, less Diet Coke.
6. When I am in the office and not traveling, take a short break in the afternoon and walk around in the building or outside rather than get a snack.
7. Exercise three times per week.
8. Eat my fruit and yogurt today that I brought from home instead of the crackers and cheese I usually bring.
9. Take doggies for a long walk tonight.
10. I will choose a healthier mid-afternoon snack that I really enjoy.
11. I'll buy healthier snacks for my grandchildren since I end up eating them anyway.
12. I will try harder to ride my exercise bike 20 minutes each day.
13. Start walking for 30 minutes a day again.
14. Eat smaller portions at lunch.
15. After dinner eating gets in the way of my success. After dinner when I want to eat again:
16. Ask myself, am I hungry?
17. If the answer is NO but I still want something, I commit to drink one entire glass of water and ask myself again, am I hungry?
18. If the answer is NO but I still want something, I commit to eating a delicious, yummy, sweet, piece of fruit and walk away from the kitchen and remember how good it feels to make that decision and say out loud "YES!"
19. I will make an effort to work out two extra days or walk two extra days a week.
20. I will make my cup of coffee with fewer empty calories.

21. I will try to incorporate more vegetables in my lunches.
22. I will make more vegetable soups.
23. Be aware of what is going into my mouth.
24. Get moving...
25. When full, stop eating
26. This I can do today!

I hope these inspire you to write down a few small steps of your own. Notice that these are not the “I will never let sugar pass my lips again” or “I will go to the gym after work every day” type-goals. They are “what am I willing to do today” type-goals. Your written small steps will become powerful magnets for your attention.

Know someone who might enjoy this monthly E-Newsletter? Please pass it on.

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