



Go to <http://www.amihungry.com/pdf/newsletter-11-07.pdf> for a formatted PDF version of this newsletter.

LEAVE THE STUFFING FOR THE TURKEY: TRY MINDFUL EATING INSTEAD

By Michelle May, M.D.

This holiday season, experience maximal pleasure from all the wonderful food and special occasions. By eating mindfully you'll eat less and enjoy it more. The key to mindful eating is to notice the details. Pretend you're writing an article about your Thanksgiving or other holiday meal for a gourmet magazine. The following tips are from Am I Hungry?® workshop six:

- Focus on the people you are sharing your meal. Engage in interesting conversations. Ask questions and *really listen* to your companions.
- Notice how hungry you are. If you aren't hungry, become aware of the reasons you feel like eating anyway. If it is for social reasons, then be social for awhile longer then eat when you get hungry.
- Decide how you want to feel when you are done eating. Stuffed and miserable? Or comfortable and content? Then fill your plate or order accordingly.
- Mentally describe the table setting and the ambiance. Notice the aromas, colors, textures and presentation of the meal.
- Before eating, take a moment to be truly thankful about where your food came from, including all the people who invested their time, effort and talent to get it from farm to plate.
- Choose food carefully by asking yourself what you want and need. Don't waste your appetite on cranberry sauce shaped like a can if you don't love it!
- Put one small bite in your mouth. You only have taste buds on your tongue so the flavors of a large bite of food are lost on your teeth, cheeks and the roof of your mouth.
- Notice the texture and flavors of the food on your tongue then slowly begin to chew the food. Breathe while you chew since flavors other than salty, sweet, bitter and sour actually come from the aromas.
- Set your fork down between bites. If you begin to load your next forkful your attention will be on the next bite, not the one you are eating now. And if you are focused on the next bite of food instead of the one you are eating now, you won't stop eating until there are no more forkfuls.



- Sit for a moment and let the flavors and experience linger before you take the next bite.
- Notice as the food gently fills your stomach. Pause for several minutes in the middle of eating to reconnect with your hunger and fullness levels and enjoyment of the meal.
- Food is abundant this time of year (actually every time of year for most of us!) Remind yourself that you can eat more later or at another meal so there is no need to eat it all now and ruin the experience by being too full.

Mindful eating is a great way to enjoy Thanksgiving and other meals more while eating less. You'll be thankful that you did!

In Health, Enjoy!
Michelle May, M.D.

FORM YOUR OWN AM I HUNGRY?® STUDY GROUP WITH FRIENDS AND FAMILY

We recently got this email from MJ and it motivated us to do something we've been considering:

My friends and I have been meeting for at least 3 years, supporting each other in our goal of achieving and maintaining a healthy weight, as well as getting together to exercise. We came across your program and found it's completely different philosophy to be very appealing (especially as we have all been yo-yo dieting for years and years). As a group, we have found that we consistently lose weight and keep it off better when we are meeting regularly, but that following a "diet" is too hard to maintain.

We love the idea of learning to listen to our bodies to know when to eat, and how to pass on foods we don't need. We would like to order one set of DVDs that we can watch together and discuss, but we need extra books and workbooks.

Thanks, MJ

Thanks for the suggestion MJ! Here's what we came up with:

AM I HUNGRY? GROUP STUDY SPECIAL - Perfect for couples, friends, book clubs, church groups, women's groups, and support groups. This would also make a wonderful gift! Meet once a week to watch a 45 minute DVD, discuss what you read, and share your challenges and successes. Include a Mindful Eating Potluck in week six!



Click here <http://www.profcs.com/app/netcart.asp?MerchantID=59012&offerID=35104> to purchase a DVD and Workbook Set (\$100 off plus \$10 for S&H) and add additional workbooks and/or books (\$5 off plus \$1 each for S&H) and we will ship them out right away. (Please remember that one workbook is already included with the DVD set – to preview the DVDs visit <http://www.amihungry.com/weight-loss-DVDs.shtml>). We have a limited number of loose workbooks so this is an extremely limited offer.

Order now: <http://www.profcs.com/app/netcart.asp?MerchantID=59012&offerID=35104>

Please, NO paid groups as that is a violation of our trademark and copyright. Only Licensed Facilitators can offer the award-winning Am I Hungry?® Workshops by completing our comprehensive 12-week Facilitator Training program (see below).

AM I HUNGRY?® FACILITATOR TELE-TRAINING STARTS JANUARY 22ND

This training actually exceeded my expectations. I am thrilled to be a part of this innovative program.

- Beth Shepard, MS, ACSM, Certified Wellcoach



A revolutionary way to become part of the non-diet revolution!

This convenient teleseminar format will have you ready for your first workshop by spring! **Save \$50 when you register by December 22nd.**

If you're passionate about helping people make truly revolutionary lifestyle changes, offer Am I Hungry?® Workshops in your office, fitness center, hospital, company or community.

Information and registration: <http://www.amihungry.com/facilitator-training.shtml>. Questions? Training@AmIHungry.com.

As a physician and fellow veteran of yo-yo dieting, I was looking for some personal answers to my weight problem as well as learning how to take this new message to my patients who are clambering for answers and results as well. The message is simple...diets don't work and there is indeed a sensible, easy way to lose weight and maintain it through listening to your body and using balance, variety, and moderation. It is working for me...no more counting calories, ounces, fat grams. My patients and I are quite excited and looking forward to my workshops. I want to pass the message along to stop crazy diets and pills to lose weight!!

- Julia Heng, M.D.

(If you're already utilizing our materials with your patients and clients, great! However, please, 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?® Please join us to learn the most effective techniques and access the best tools for helping your participants become healthier and happier!)

CONGRATULATIONS TO OUR 18 NEW AM I HUNGRY?® FACILITATORS!

They have MANY workshops starting soon - including several complimentary introductory sessions: Chapel Hill, North Carolina; Redlands, California; Columbus / Galloway, Ohio; Mentor, Ohio; Tucson, Arizona; Kent, Washington; Annapolis, Maryland; Highland Park/Somerset, New Jersey; and other cities.

Go to <http://amihungry.net> and look in the lower left-hand corner for "Find a Facilitator." Watch for more workshops starting in January!

In the Phoenix area?

8-week Am I Hungry?® Weight Management Workshop beginning Nov. 28th in Ahwatukee Foothills, Arizona facilitated by Dr. May. You'll have the support of a group as you learn how to deal with holiday triggers and develop a lifelong *non-diet* approach to weight management.

When: 6:30 to 8:00pm on Wednesdays, beginning November 28th. We'll meet for four weeks then take a 2-week holiday break and resume on January 9th to kick your New Year's resolutions off right!

Where: I-10 and Chandler Blvd. You'll receive directions when you register.

How: <http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=3834765> or email info@amihungry.com for more info.

Am I Hungry?® Self-Paced Programs - <http://www.amihungry.com/self-paced-programs.shtml>

You don't have to deprive yourself to reach a healthier weight!

GETTING THE WORD OUT

Press Room: Dr. May shares her non-diet, no-nonsense approach to weight management: http://www.michellemaymd.com/press_room.shtml. To interview Dr. May, call 480 704-7811 or send an email to MMay@AmIHungry.com.

Michelle is available for speaking engagements, retreats, corporate programs and conferences. Visit <http://www.michellemaymd.com/> to see speaking schedule, demo video and topics or send an email to MMay@AmIHungry.com.

Blog: Read her blog called "Consumed" <http://blogs.eastvalleytribune.com/view.php?blogId=43>.

Coming soon: Consumed Radio

PAY IT FORWARD! If you've ever read anything in this Am I Hungry? E-newsletter that inspired or intrigued you, please pass it on! Your friends will get eye-opening content and a bonus copy of "101 Things to Do Besides Eat" to hang on their refrigerator when they order their own complimentary subscription at: <http://www.amihungry.com/enews.shtml>.