

## **Am I Hungry? E-Newsletter January 2005**

### **It's January 31<sup>st</sup> – do you know where your resolutions are?**

If you resolved to lose weight and live a healthier lifestyle, don't pass up this chance to achieve your goals! Participate in the first session of our next 8-week Am I Hungry? Teleseminar for FREE. I personally guarantee that you will learn strategies that will transform the way you manage your weight – even if you decide not to register for the rest of the sessions. For more information about this no obligation opportunity, send an email to [Info@AmIHungry.com](mailto:Info@AmIHungry.com). What have you got to lose?

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

### **Decision Point: The Rhythms of Hunger**

Hunger does not follow a clock. If you tell yourself, "I should be hungry; it's dinnertime" or "I shouldn't be hungry yet," then you are not listening to your body. Hunger comes and goes according to your body's needs. Hunger is affected by how active you are, what and how much you eat, and many other factors.

However, since it is not always convenient to eat when your hunger tells you to, you may need to retrain yourself to be hungry around a particular time. For instance, if you are usually hungry at four in the afternoon but you want to be hungry for dinner later with your family, plan just a light afternoon snack so you won't be ravenous by mealtime. Or maybe you aren't very hungry during your lunch hour. Try eating a little more protein at breakfast so you can skip your mid-morning snack or just eat a small amount at lunch and be prepared to have a mid-afternoon snack.

On the other hand, you might not be hungry when you probably should be. For example, you may not feel hungry when you first wake up. There is no harm in waiting an hour or two, as long as you are prepared with something to eat in order to "break the fast." This important meal will spark your internal thermostat and give you energy.

And one final important note: hunger cannot be satisfied before it occurs. Eating even though you are not hungry to prevent feeling hungry later at an inconvenient time is called preventive eating.

Think of it like this. If you are comfortable in a room but you put on a heavy coat now because you may get cold in an hour, you will probably get hot and become uncomfortable in the meantime. Instead, if you wait until you feel cold, then the coat will do what it is supposed to do—make you warm and keep you comfortable. Hunger works the same way. If you eat now because you may get hungry in an hour, you will feel full and uncomfortable. If you wait to eat until you are hungry, you will feel comfortable and satisfied.

Besides, the food you eat when you are not hungry will be stored as excess fat to be used later. If you already have fat stores, there is no reason to build them up even further by preventive eating!

Instead, be prepared for hunger by having food with you—preferably a healthy, satisfying choice like a piece of fruit. Promise yourself that you can eat when you are physically hungry so there is no need to overeat to try to prevent future hunger.

This excerpt is from *Am I Hungry? What to Do When Diets Don't Work*. Read the first chapter free at [http://www.amihungry.com/pdf/am\\_i\\_hungry\\_chapter\\_1.pdf](http://www.amihungry.com/pdf/am_i_hungry_chapter_1.pdf). Please pass it on your friends, family, and patients.

## **Fitness Essentials: Cardiorespiratory Fitness**

The Department of Health and Human Services and the Department of Agriculture recently released the Dietary Guidelines for Americans 2005. These include revised recommendations for physical activity: 30 minutes of moderately intense physical activity most days of the week to reduce chronic disease, 60 minutes for weight management, and 60-90 minutes to sustain weight loss.

These new recommendations reinforce just how important being physically active really is but they may seem overwhelming if you are having difficulty fitting ANY exercise in. Don't be discouraged! Studies have shown that any increase in activity is beneficial and will start you on your path to a healthier lifestyle.

As mentioned in the Guidelines, there are three main types of fitness activities: cardiorespiratory, strength, and flexibility. We'll start with cardiorespiratory and cover the others in future issues.

Simply put, cardiorespiratory exercise, commonly called "cardio," is any activity that strengthens your heart, lungs, and vascular system and improves circulation throughout your body. This type of exercise is often referred to as aerobic, which means "with oxygen." That is because it allows you to maintain an elevated heart rate (pulse) for a continuous period of time, without making you feel breathless.

Many activities can be considered aerobic including walking, cycling, dancing, water aerobics, swimming, low-impact aerobics, hiking, jogging, skating, stair stepping, singles tennis, rowing, cross-country skiing, trampoline, jumping rope, basketball, soccer, and others. As you can see, this list includes many different types of activities for all fitness levels—so there is something for everybody!

No matter which activity you choose, the goal is to keep your heart rate up without completely losing your breath. Since everyone has different fitness levels, an activity that is perfect for one person may be too strenuous at first for the next person. For example, jogging might be a great activity for a person who exercises regularly, while a person who is just getting started may feel totally winded within a short period of time and have to quit. This person would instead benefit far more from walking. The point is, start at your own level of fitness in order to reap the full benefit of whatever activity you choose.

This excerpt is from *Am I Hungry? What to Do When Diets Don't Work* by Michelle May, M.D., Lisa Galper, Psy.D., and Janet Carr, M.S., R.D. available at <http://www.amihungry.com/book.shtml>

**Websiting:** Dietary Guidelines for Americans 2005. Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. <http://www.healthierus.gov/dietaryguidelines/>

## **Nutrition Essentials: Understanding Carbohydrates**

At some point, you may have heard someone say, “Carbohydrates just turn to sugar.” Since many people think of sugar as “bad,” they think of carbohydrates as “bad.” But actually, sugar is just another word for glucose, which is an important form of energy for your body.

Every living cell in your body requires fuel for existence. Carbohydrates play a significant role in meeting those needs by providing necessary energy. The bottom line is that weight gain occurs when more energy is consumed than is used. It doesn’t matter whether the extra calories come from carbohydrates, protein, or fat.

In addition, many carbohydrate-containing foods also provide fiber, important vitamins, minerals, and phyto-chemicals that have been shown to improve health. Since carbohydrates are found in a wide selection of foods, including bread, pasta, and other grain products, fruits, vegetables, dairy products, and sugar, they are great for adding variety and flavor to your diet. A diet that severely limits carbohydrates is potentially harmful and pretty boring, making a strict low-carbohydrate diet an unsustainable method of weight loss for most people.

Most dietary guidelines, including the 2000 Dietary Guidelines for Healthy Americans, which has also been endorsed by the American Dietetic Association and American Heart Association, recommend that 50-60% of your total daily calorie intake come from carbohydrates. Recent recommendations from the Institute of Medicine encourage a broader, more flexible range of 45-65%. According to all of these authorities the majority of your food intake should be carbohydrates.

Carbohydrates don’t deserve the bad reputation they have been given. When you educate yourself about nutrition and use variety, balance, and moderation to guide your choices, you can build a healthier lifestyle without depriving yourself of the carbs you need and love.

This excerpt is from *Am I Hungry? What to Do When Diets Don’t Work*. Order your copy today at <http://www.amihungry.com/book.shtml>. Also available from Amazon.com, Gurze.com ([http://www.gurze.net/Merchant2/merchant.mv?Screen=PROD&Store\\_Code=GB&Product\\_Code=AIH](http://www.gurze.net/Merchant2/merchant.mv?Screen=PROD&Store_Code=GB&Product_Code=AIH)), and Changing Hands Bookstore in Tempe, Arizona. Watch for it at other bookstores later this spring.

## Am I Hungry? Teleseminars – anywhere you are!

Join us for an interactive, innovative eight-week workshop. You can change your lifestyle – and your life – in just 90 minutes a week!

- Lose weight and gain life-long weight management skills
- Rediscover simple, yet powerful tools for knowing when, what, and how much to eat
- Stop obsessing about food, eating, and your weight—and free yourself to live the fulfilling life you deserve
- Experience the joy of eating the foods you love without guilt
- Learn the truth about nutrition—without confusing, arbitrary rules
- Never again exercise to earn food or punish yourself for eating
- Boost your metabolism and increase your energy and fitness painlessly
- Trust your gut instincts to nourish your mind, body, and spirit

Eight live interactive Am I Hungry? Teleseminars are delivered to you by phone in the comfort of your home, office, or even hotel room. We will meet on Wednesdays from 6:00-7:30 p.m.

(Mountain time), February 16 – April 06, 2005. **No risk, no obligation: try the first session free!** If you decide to complete the remaining seven sessions, the total cost of \$325 includes all eight 90-minute workshops, Am I Hungry? workshop materials delivered to your e-mail weekly, and a weekly motivational email reminder. (Long distance charges are not included and are paid to your long-distance carrier.)

To reserve your place or receive additional information, send an E-mail to [Info@AmIHungry.com](mailto:Info@AmIHungry.com) or call 480 704-7811. (Past participants may register for any of our workshops for half price!)