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**Am I Hungry? E-Newsletter
March 2005**



It's not about the food!

As you know, weight management is about much more than what to eat and how much to exercise. That is why we are committed to providing a multidimensional approach to guide you toward your weight and health goals and toward a fulfilling, balanced life. With that in mind, please join Lisa Galper, Psy.D. and me for the first four sessions of our newest teleseminar series "What To Do When Life Gets in the Way." These live interactive telephone workshops will help you develop the tools you need to become an effective lifelong weight manager. The courses will build on one another so if possible, please register for all four (we'll give you one free if you do!) Read course descriptions and register on-line at <http://www.amihungry.com/workshops.shtml> or call 480 704-7811 or send an email to info@AmIHungry.com.

If this is the first time you have received this Am I Hungry? E-newsletter, you can read all of the practical and content-packed back issues at <http://www.amihungry.com/enews.shtml>. If you have been getting our newsletter, you probably noticed that we had to give up form for function! Too many people weren't able to receive or open it when it was "pretty." Same great information, now in a brown paper wrapping.

Wishing you optimal health and joy!

Michelle May, M.D.

Websiting: www.DiscoveryHealthCME.com Watch the new Discovery Health Channel special featuring Michelle May, M.D. and other weight management experts on T.V. every Sunday at 9 a.m. EST through April 10th or online <http://discoveryhealthcme.discovery.com//>. The program, "Adult Obesity: Reversing the Trend" was sponsored by the U.S. Department of Health and Human Services and the Centers for Disease Control. Health professionals can earn continuing education credit online.

Decision Point: What Do I Choose To Eat?

When you are hungry and deciding what to eat, ask yourself these three questions:

- **"What do I want?"** Remember, all foods fit. People often worry that if they ask themselves what they are really hungry for, they will always choose foods they "shouldn't." At first this might be true, since cravings tend to get stronger

when you try to ignore them for too long. Once you let go of the guilt about eating certain foods, you will find that you will want a variety of foods to feel healthy and satisfied. Choosing food that matches your preferences will be more satisfying and keep you from feeling deprived. In fact, although we teach people that there are no “good” foods and no “bad” foods, 78% of the participants in our *Am I Hungry?*[™] workshops report that they eat more healthfully than before. Kim gave us a good example of why this is important:

I was hungry and I really wanted a few of the chocolate chip cookies that I bought for my kids' lunch. I've been trying to lose weight so I decided to eat rice cakes instead. At first I felt good about it but I just didn't feel completely satisfied. I decided to eat some yogurt, then I ate some baby carrots, and then some cheese. I took a few bites out of the ice cream carton and then I finally gave in and had the chocolate chip cookies. I felt so guilty that I ended up eating almost half the package before my kids came home. Afterward I felt sick and I thought what did I accomplish here? It would have been better to eat a few chocolate chips cookies in the first place and really enjoy them while I was hungry!

- **“What do I need?”** While food decisions aren’t “good” or “bad,” clearly some foods offer more nutritional benefits than others. As you consider what food to choose, ask yourself, “What does my body need?” Keep in mind the principles of variety, balance, and moderation when deciding what to eat. Consider nutritional information, your personal health issues, your family history, what else you are eating that day, and your body's response to specific foods. Always ask yourself, “Is there a healthy choice that will meet my needs without feeling deprived?” For instance, could you be happy with frozen yogurt instead of ice cream this time? Remember that small changes really do make a difference and that healthy eating is simply the result of all of the individual positive decisions you make.
- **“What do I have?”** The key here is planning. Having a variety of foods available is very important if you are going to learn to use hunger to guide your eating. If you feel hungry and the only thing available is a vending machine, you are likely to choose a snack food that may not be very healthy, may not taste very good, and may not really be what you were hungry for anyway. The key is to keep a variety of foods available that are appealing but not overly tempting. These are foods that you enjoy when you are hungry but won’t be calling out to you from their storage place saying, “Come eat me!” Having flavorful, healthful food on hand will allow you to choose the food you really want—rather than grabbing something from a vending machine or fast food joint when you are hungry.

This excerpt is from *Am I Hungry? What to Do When Diets Don't Work* – now available in E-Book PDF format. Download now:

<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2246251>.

Fitness Essentials: Flexibility

Have you ever watched a cat, a dog, or a baby instinctively stretch when they wake up from a nap? If spontaneous stretching feels that good, imagine how great it will feel to stretch all of your muscles regularly.

Flexibility is an important part of a balanced and complete fitness program. Stretching increase your flexibility by using gentle, lengthening movements to elongate the muscles and connective tissues around your joints. Improving your flexibility by stretching regularly will decrease muscular tension and stiffness, help reduce your risk of injury, prevent and treat back pain, and maintain your body's mobility and freedom of movement in your daily life. Besides it just feels good!

Stop reading for a moment and try it right now. Relax your neck muscles and gently move your chin toward your chest and hold for 15 to 30 seconds. Lean your head back and stretch the front of your neck and hold for 15 to 30 seconds. Now reach your arms high over your head lengthening your entire upper body then stretch your legs out in front of you while you point and flex our toes. Don't you feel better?

An ideal time to stretch is right after exercise when your muscles are warm and more pliable. Listen to your body—stretching should not be painful. And don't forget to breathe!

You'll find a simple head to toe stretching program with illustrations in *Am I Hungry? What to Do When Diets Don't Work*. Order your copy today at <http://www.AmIHungry.com/book.shtml>.

Nutrition Essentials: Fat

Before carbohydrates took the lead, fat was considered the archenemy of weight management. While eating too much dietary fat (or too much of any macronutrient) can contribute to excess calorie intake, excessive intake of fat, particularly certain types of fat is associated with heart disease, cancer, and other medical problems. Once again, a little nutritional knowledge will help you make the best choices for your body.

The current recommendations are that 30% or less of your calories should come from fat (minimum of 20%). Of this 30%, only 10% should come from saturated fat and trans fat combined due to the increased risk of cardiovascular disease. Saturated fats come from animal products and tropical oils (palm, palm kernel, and coconut). Just remember, "sat fat sits in your arteries." So trim your meats,

drain the fat off after browning, remove the skin from chicken, and choose low- or no-fat dairy products. Watch for trans fats by looking for hydrogenated or partially hydrogenated oils in the ingredient list.

Choose healthier polyunsaturated and monounsaturated oils whenever possible. Polyunsaturated oils are liquid at room temperature—for example safflower, sunflower, corn, sesame seed, flaxseed, soybean, and cottonseed oils. Fish is also an excellent source and has healthful omega 3 fatty acids too. Remember monounsaturated oils by the acronym COP – canola, olive, and peanut oil. Avocados, nuts, olives, and peanut butter also contain monounsaturated fats. They are all calorie-dense so use in moderation.

Learn the truth about nutrition—without confusing, arbitrary rules. 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. Read the first chapter free and pass it on to your family, friends and patients.

http://www.amihungry.com/pdf/am_i_hungry_chapter_1.pdf

Am I Hungry? Workshops

What To Do When Diets Don't Work: If you are in the Phoenix area, join us for our eight-week Am I Hungry?™ workshop beginning March 22nd. You can change your lifestyle—and your life—in just 90 minutes a week. (There are very few seats left so if you are interested, don't delay!) Call 480 704-7811 or send an email to info@AmIHungry.com.

What To Do When Life Gets In the Way: Ever notice that despite your best intentions your weight management plan sometimes falls apart when life gets in the way? Join Drs. May and Galper for four motivating and eye-opening teleseminars to develop the skills you need to become an effective lifelong weight manager. Take all four for maximal benefit (and we'll give you one free!): Choosing Mindfulness for Optimal Health, Building Healthy Emotions, Motivating Yourself with Positive Self-Talk, and Managing Stress through Balanced Living.

These live interactive teleseminars are delivered to you by phone in the comfort of your home, office, or even hotel room. To learn more and register, go to <http://www.amihungry.com/workshops.shtml>, call 480 704-7811 or email info@AmIHungry.com.

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