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



Go to http://www.amihungry.com/pdf/newsletter_07_05.pdf for a formatted PDF version of this newsletter.

Practice What I Preach

Though I never imagined that I would leave private practice after 14 years as a family doc, I have just taken that leap of faith. My goal is to regain some of my personal life balance and focus full-time on Am I Hungry? I must thank all of my incredible patients and colleagues who have been so understanding and supportive.

The need for our rational approach to weight management really hit home with the email from Rhiannon in Ohio posted below. I know we will be able to help many people lead healthier, happier lives and I am looking forward to the future. We will bring you more weight and life management tools, like the new EAT series (Expert Advice Teleseminar). Our first expert, award winning author Eve Wood, M.D. will present "Nurturing Mind, Body, and Spirit for Optimal Health." (more info below).

So my question for you is, what important decision do you need to make? What is holding you back? What is the worst thing that could happen? What is the best thing that could happen? What are you waiting for?

Wishing you optimal health and joy!

Michelle May, M.D.

P.S. If you are in the Phoenix area, see two our participants Gen (who has lost over 100 pounds) and Julie (who has lost over 50 pounds) tell their inspiring stories during the Channel 3 segment "Weight Loss Wednesday" on July 13th between 5-6 p.m.

Please join us a free Am I Hungry? workshop at one of the Barnes & Noble July Author of the Month events:

Barnes & Noble, Chandler, Arizona
July 23, 2005 at 2:00 p.m.

Barnes & Noble, Scottsdale, Arizona
July 26, 2005 at 7:00 p.m.

Barnes & Noble, Ahwatukee
July 30, 2005 at 2:00 p.m.

Barnes & Noble, Happy Valley, Arizona
July 31, 2005 at 1:00 p.m.

Dear Dr. May,

I just want to let you know that I have finished your e-book Am I Hungry? and I cannot BELIEVE how much it spoke to my lifelong eating habits! I have always had a love/hate relationship with food, and for the first time, I feel hopeful that I can change this! I've always thought of food as something that was either "good" or "bad", hence leading me to battle with endless diets, binges, and other eating disorders.

"Food as fuel", being neither good nor bad, is now a concept that doesn't seem so tough!

I have read so much on "diets" (entire books including Atkins, South Beach, Zone, Eat Right for Your Blood Type, Body for Life, Scientific Juice Fasting, and many others). I have tried all of them too, sometimes for a year or more. The biggest problem I've always had is portion control and your book is right—diets that encourage unlimited chomping on "free" foods do not help eradicate this deleterious habit!

I would do just what you said—watch thin people eat chips and cakes and think "WHY can't I eat like that and LOOK like that?" Every time I would diet (I've been yo-yoing between since I was 11), I'd set myself up for failure, thinking I just couldn't enjoy food so much, period, or I would never look like the slender women I so envied. Well, I enjoy food a lot, so I would get mad, QUIT dieting and just go anarchic with the food again.

My overeating is a combo of several things you addressed in your book, specifically, childhood patterns which became lifelong habits, boredom, eating too quickly, hopelessness associated with not being a "thin" person, etc.

Now, I am eating when I'm hungry, and I'm trying really hard to stop at level 5 or 6. I used to go to 9-10 at least once a day (after starving for hours of course). I feel like I'm doing right by my body, and I hope it remains so easy for me!

THANK YOU for the renewed hope. Recently I have been toying with going back on a starvation diet again, knowing full well how detrimental it is but feeling like it would be the only way to drop a few of these pounds...and I'm NOT going to do that now!

Sincerely,

Rhiannon
Wooster, OH

(The E-book and paperback version of Am I Hungry? What To Do When Diets Don't Work are available at <http://www.amihungry.com/book.shtml>).

This month's article recently appeared in Eating Disorders Today:

Boosting and Fueling Your Metabolism

By Michelle May, M.D.

In a nutshell, metabolism refers to the amount of fuel or energy that your body burns each day. Some people complain about having a slow or sluggish metabolism or buy products that claim to “boost” metabolism. While images of treadmills may come to mind, you are using energy right now just sitting and reading.

The largest part of your metabolism, called basal metabolism, is the amount of fuel your body burns to support basic bodily functions. These vital functions include heartbeat, breathing, brain function, and numerous other important, but invisible, activities going on at all times. Even eating, digesting, and processing food contribute to your metabolism.

Every cell in your body is like an engine that burns fuel continuously in the process of doing its job. These tiny engines never shut off while you are alive. Even when you're sleeping, your body's cells are still actively working. It's just like a car; when the engine is running, it is burning fuel—even if it is just idling in the driveway.

What does food have to do with it?

To your body, food is the fuel that keeps this process running smoothly. Your cells must have an energy supply to perform their required tasks. Without an adequate amount of fuel, your cells cannot function properly, resulting in unfavorable consequences.

Think about your car again. If it runs out of gasoline, it will putter and stop. However, in order to stay alive, your body's cells cannot all just shut off. When your cells are low on fuel from food, your body will turn to its “reserve tanks” to utilize other energy sources. Initially, it will use up carbohydrate that has been stored as glycogen in your muscles and liver. When that is gone, it will begin to break down certain tissues to use for its energy supply, specifically, fat and muscle.

What happens in an ongoing food shortage?

In a state of semi-starvation, your body must pick and choose which cells to continue supporting and which ones to drop. A priority list is developed, and the cells that provide vital activities take top priority. When your food supply remains

low, your cells must also become more efficient. They attempt to perform their jobs without burning as many calories and adapt to the lower energy intake by expending less energy. If this fuel efficiency happened in your car, you'd be thrilled, but when it happens in your body, you will burn 20–36 percent fewer calories per day.

Your body still has primitive, complex survival mechanisms. Under strict dieting conditions, those same old survival techniques will kick in. Initially, you will lose water and some of the stored fuel, but eventually your metabolism decreases to conserve energy and some of your muscle mass may be lost. This is simply the way your body adapts to being under-fueled. As the body senses the lack of sufficient fuel, it conserves energy by eliminating nonessential functions and slowing down the essential ones.

How can I support my metabolism?

Choose to take three important steps: eat an appropriate amount of food to fuel your cells, live an active lifestyle, and engage in a reasonable exercise program to maintain and build muscle. With a greater appreciation for the processes that affect your metabolism, you can boost and fuel your metabolism as a way of respecting and honoring your body.

(If you would like to reprint this article or other Am I Hungry? articles in your health, corporate, or community newsletter, simply send an email to MMay@AmIHungry.com).

Websiting: Thinking about starting an exercise program? Check out this questionnaire first to see if you should see your doctor before you get started: <http://www.csep.ca/pdfs/par-q.pdf> . This is also a great resource for health professionals.

Am I Hungry? Workshops

EAT – Expert Advice Teleseminar

Nurturing Mind, Body, and Spirit for Optimal Health

[Register Online](#)

The Expert: Eve A. Wood, M.D., psychiatrist, speaker, consultant, Clinical Associate Professor of Integrative Medicine at the University of Arizona, and author of the award-winning book, "Medicine, Mind and Meaning."
www.DrEveWood.com

The Advice: A lack of equal attention to biological, psychological and spiritual issues can create imbalance and lead to poor health. Join integrative psychiatrist, Eve A. Wood, MD as she teaches you how to address your whole self in your journey to wellness. Learn how to take charge of your emotional life and live your own story.

The Teleseminar: Wednesday, July 27, 2005, 7:00-8:00 pm Mountain Daylight Savings Time (6:00-7:00 pm in Arizona). For the time in your city, click [find my local time](#) which will display in a new browser window. \$19.95 for an hour with a psychiatrist – you won't find a better investment!

Register at http://www.amihungry.com/weight_loss_programs.shtml#eat

Am I Hungry? 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. Monday, August 1st. You can change your lifestyle—and your life by investing just two hours a week with us.

http://www.amihungry.com/weight_loss_programs.shtml

(If you are out of the Phoenix area, watch for our popular Am I Hungry? 8-week workshop by phone – starting again soon!)

I'm NOT Hungry? What To Do When I Want to Eat Anyway:

Despite your best intentions, does your weight management plan fall apart when life gets in the way? There are very specific reasons why that happens and we are here to help you make a change! Join Michelle May, M.D. and Lisa Galper, Psy.D. for weight (and life) management teleseminars.

Get the first four CDs and E-Books for the price of three at

<http://www.profcs.com/app/netcart.asp?MerchantID=59012&ProductID=2443836>

- 201: Choosing Mindfulness for Optimal Health
- 202: Building Healthy Emotions
- 203: Motivating Yourself with Positive Self-Talk
- 204: Managing Stress through Balanced Living

The next series starts on August 3, 2005 with Teleseminar 205: Building a Better Body Image. http://www.amihungry.com/weight_loss_programs.shtml .

RESOURCES FOR HEALTH PROFESSIONALS

Training and Licensing: You CAN make a difference! Provide Am I Hungry? workshops to your patients, clients, and community by participating in Am I Hungry? Facilitator Training. Please send an email to Dr. May at MMay@AmIHungry.com for more information.

Your reward for reading all the way to the end of this newsletter!: Receive 30% off of our one hour teleseminars, CDs, E-books, and your copy of Am I Hungry? What To Do When Diets Don't Work (does not apply to the 8-week workshop). Simply entering this discount code <http://www.profcs.com/app/adtrack.asp?AdID=140044> when you order from our online catalog at <http://www.amihungry.com/book.shtml#aih>.

Sign up for this Am I Hungry? E-newsletter or read all of the practical and content-packed back issues at <http://www.amihungry.com/enews.shtml>.

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