

Decision Point: Why Diets Don't Work for Most People

For many people, weight management is an ongoing struggle. We have all been bombarded with information about eating right and exercising so you probably know the fundamental principle of weight loss: the number of calories you eat must be less than the number of calories you burn. Yet, despite all of the information available on the countless ways to accomplish this, you and millions of others still battle your weight.

The diet experts may recommend counting calories, exchanges, points, grams, or ounces. The diet may require you to eat pre-packaged food or meal replacements. There may be strict meal plans or complicated food regimens to follow. Some methods even eliminate entire food groups—or solid food all together. Diets often tell you that there are forbidden foods or magical food combinations, and they often impose food rules that most people do not, cannot, or should not follow for very long. And of course, the rules are always changing!

Accurate statistics are very hard to come by but it is widely quoted that 90-95% of dieters regain their lost weight. Whatever the true numbers, if dieting was truly effective, your problem would have been solved with the first one! Lets look at why diets aren't the answer for most people.

Read more...http://www.amihungry.com/pdf/adults_diet.pdf

Do you want to know what to do when diets don't work? Join us for our fun and interactive eight-week **Am I Hungry? Workshop** from the comfort of your home! In just 90 minutes a week, from the location of your choice, join Michelle May, M.D. and others just like you for an Am I Hungry? workshop by phone. Read what other people have said about these workshops by clicking this link or pasting it into your browser: <<http://www.amihungry.com/workshops.php>>. Want to know more? See details at the end of this newsletter.

Fitness Essentials: Boosting Your Metabolism

Metabolism simply refers to the amount of fuel or energy your body burns each day. Every little cell in your body is like a tiny engine that burns fuel continuously in the process of doing its job. Your basal metabolism is the number of calories your body burns just to support your basic bodily functions. It's just like your car; when the engine is running, it is burning fuel—even if it is just sitting in the driveway.

Obviously, a car that is moving burns more fuel than a car in park. A few added steps here and there, and a little extra effort during everyday work and play really add up. In addition to an active lifestyle, regular exercise is another great way to boost your metabolism. Not only do you burn more calories while you are exercising, you will even increase the amount of fuel your cells burn for awhile afterward. Furthermore, when you increase your muscle mass by exercising, you increase your metabolism even more. That is because the tiny engines of muscle cells burn more energy than less active cells. Since any additional lifestyle activity and exercise boost your metabolism, why would you just stay in park?

(This excerpt is from *Am I Hungry? What to Do When Diets Don't Work*, available October 2004).

Websighting: During this election season, take on your own Presidential challenge...to improve your health and fitness. This website includes a series of programs designed to help improve your activity level no matter what your age or starting fitness level.
<http://www.presidentschallenge.org/home_adults.aspx>

Nutrition: Fueling Your Metabolism

There is another important part of metabolism—food! Your cells must have an energy supply in order to perform their required tasks. When your cells are short on fuel from food, your body will turn to its “reserve tanks” to utilize other energy sources. In a state of ongoing fuel shortage or semi-starvation, your body must pick and choose which cells to continue supporting and which ones to “drop.” The cells that provide vital activities take top priority. Remember, muscle cells require a lot of energy, so those that aren’t being used regularly will be given the pink slip. This loss of calorie burning muscle is a real blow to your metabolism.

When your food supply remains low, your cells must also become more efficient to perform their jobs without burning as many calories. Furthermore, after a period of energy deprivation, your body becomes more efficient at storing body fat.

Essentially your body is required to manage the difference between the number of calories you feed it and the number of calories it burns. When you take in too much fuel, your body will save it as fat for later. When you take in far fewer calories than your body needs, your body’s survival mechanisms kick in and your metabolism will eventually decrease. Learning to meet your body’s needs for just the right amount of fuel is one of the keys to building optimal health!

(This excerpt is from *Am I Hungry? What to Do When Diets Don’t Work*, available October 2004).

Find great nutrition resources and more at <<http://www.amihungry.com/links.php>>

Am I Hungry? Workshops by Telephone

- 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

Join us for an innovative eight-week workshop delivered live to you by phone in the comfort of your home, office, or even hotel room. For 90 minutes a week, Dr. Michelle May will share this rational, yet life-changing, multidimensional weight management system with you. Read how *Am I Hungry?* changed the lives of other people just like you:

<http://www.amihungry.com/workshops.php>

Beginning September 27 through November 17, 2004 we will meet on Wednesdays evenings. The total cost of \$325 includes all eight 90-minute workshops and the Am I Hungry? workshop materials delivered to your e-mail weekly. Past participants looking for a refresher course can join us at half-price (on a space available basis).

Seats are limited! To reserve your place or receive additional information, send an E-mail to Info@AmIHungry.com or call 480 704-7811.

Please share this E-Newsletter and our website www.AmIHungry.com with those you care for!