

EAT WHAT YOU LOVE, LOVE WHAT YOU EAT WITH DIABETES

A Mindful Eating Program for Thriving with Prediabetes or Diabetes

MICHELLE MAY, MD & MEGRETTE FLETCHER, MED, RD, CDE

The Authors

Dr. Michelle May is a family physician, the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*, and the founder of the Am I Hungry?® Mindful Eating Workshops and Facilitator Training program.



The first book to apply the ancient concept of mindful eating to the current issue of diabetes

Eat What You Love, Love What You Eat with Diabetes is focused on one goal: to promote sustainable lifestyle and dietary change for people with prediabetes and type 2 diabetes. Using the Mindful Eating Cycle, the critical skill of awareness is taught in a clear and practical way. There are no radical diets, rigid exercise prescriptions, or complicated medical plans for patients or clients to follow.

How is this book different?

Chronic disease management requires consistent attention to one's decisions about eating, physical activity, self-care, medical care, and myriad other details. While there are numerous resources available that explain *what* to do to manage diabetes, *Eat What You Love, Love What You Eat with Diabetes* focuses on the *how*.

Eat What You Love, Love What You Eat with Diabetes explores a decision making model called the Mindful Eating Cycle, first introduced in the Am I Hungry?® workshops by Michelle May, M.D. It is a series of six fundamental questions that increase the reader's awareness and insight about their decisions throughout the process of eating: why, when, what, how, and how much they eat, and where they invest their energy. The Mindful Eating Cycle also provides a consistent tool that health professionals can use to identify and help resolve problematic eating behaviors such as non-hunger based eating, mindless eating, and disconnection from satiety.

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Michelle May, MD
with Megrette Fletcher, MEd, RD, CDE



Megrette Fletcher is a registered dietitian, certified diabetes educator, and a co-founder of The Center for Mindful Eating.

They have combined their years of knowledge and experience to create a unique and comprehensive mindful eating program for patients with prediabetes and diabetes.

www.amihungry.com
Diabetesandmindfuleating.com

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EAT WHAT YOU LOVE, LOVE WHAT YOU EAT WITH DIABETES
A MINDFUL EATING PROGRAM FOR THRIVING WITH PREDIABETES OR DIABETES
Michelle May, MD & Megrette Fletcher, MEd, RD, CDE
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Eat What You Love, Love What You Eat with Diabetes covers four important aspects of diabetes care:

Think

Conscious decision making using the mindful eating cycle

Care

Education about diabetes self-management and preventing the associated complications

Nourish

Nutrition from a nonrestrictive, all-foods-fit perspective

Live

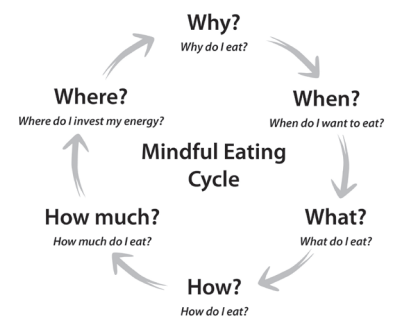
Physical activity that is enjoyable and can be integrated into daily life

The **Mindful Eating Cycle** is an effective cognitive-behavioral model used to build awareness and decision-making at critical points in diabetes self-care. These include eating, physical activity, glucose monitoring, using medication, decreasing complications, and problem solving. Exploring the Mindful Eating Cycle allows health professionals to identify and redirect their patients or clients away from their familiar restrictive and overeating cycles back to the present moment where choice, opportunity, and change can occur. Approaching diabetes self-care in this fashion helps reduce the client's harsh critical thoughts, increase their curiosity, and create a natural desire for lifelong learning.

While mindfulness is the foundation of *Eat What You Love, Love What You Eat with Diabetes*, it is not necessary for the professional or their client to engage in a meditation practice. Instead, present moment awareness is encouraged as a means of exploring options and consciously choosing actions.

Key Concepts

- Judgmental thoughts about blood glucose levels, diet, and inactivity are counter-productive and can derail the change process. *Eat What You Love, Love What You Eat with Diabetes* provides the health professional with the skills to guide their clients away from the habit of re-acting (repeating the past) to response-ability.
- Cultivating curiosity, rather than judgment, about diabetes self-management using a series of "experiments" with eating and physical activity helps one learn about what works best in a given situation.
- Don't miss the lesson! Through a step by step process, the reader is shown how to look at each experience objectively and learn from it.
- Teaches recognition of hunger and satiety cues. (Research has shown that teaching individuals with type 2 diabetes how to recognize and respond to physical hunger lowers A1C.)
- Explores the overlap in the symptoms of hunger, hypoglycemia, and hyperglycemia and the importance of glucose testing.
- Consistent with the 2011 Standards of Care established by The American Diabetes Association, *Eat What You Love, Love What You Eat with Diabetes* uses an all foods fit approach to food and eating by applying the concepts of balance, variety, and moderation.
- The skill of menu planning utilizes a modified "diabetes plate" that emphasizes increased intake of low carbohydrate vegetables, choosing healthy fats, and eating a mix of macronutrients can have a desirable effect on hunger and fullness.



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