



## Am I Hungry? A Fresh Way to Manage Your Weight

Diets have a high failure rate because there is more to managing your weight than simply knowing what to eat and how much to exercise. For example, do you think about food and eating more than you think you should? Do you feel guilty when you eat certain foods? Do you have trouble passing up tempting food even if you aren't hungry? Are you a star member of the "clean plate club"? Do you often eat when you are bored, stressed, lonely, or angry? Do you eat differently in private than you do in public? Do you fluctuate between dieting and eating too much?

If you answered yes to some of these questions, you have probably discovered that dieting doesn't usually solve the problem. A healthy diet and exercise are very important, but to lose weight permanently, you must discover and address the reasons you overeat in the first place.

Hunger is a powerful internal tool that can help you with this process. Use your hunger cues to recognize when and how much you need to eat. When you are tempted to eat even if you aren't hungry, notice what triggered the urge and decide what you will do instead.

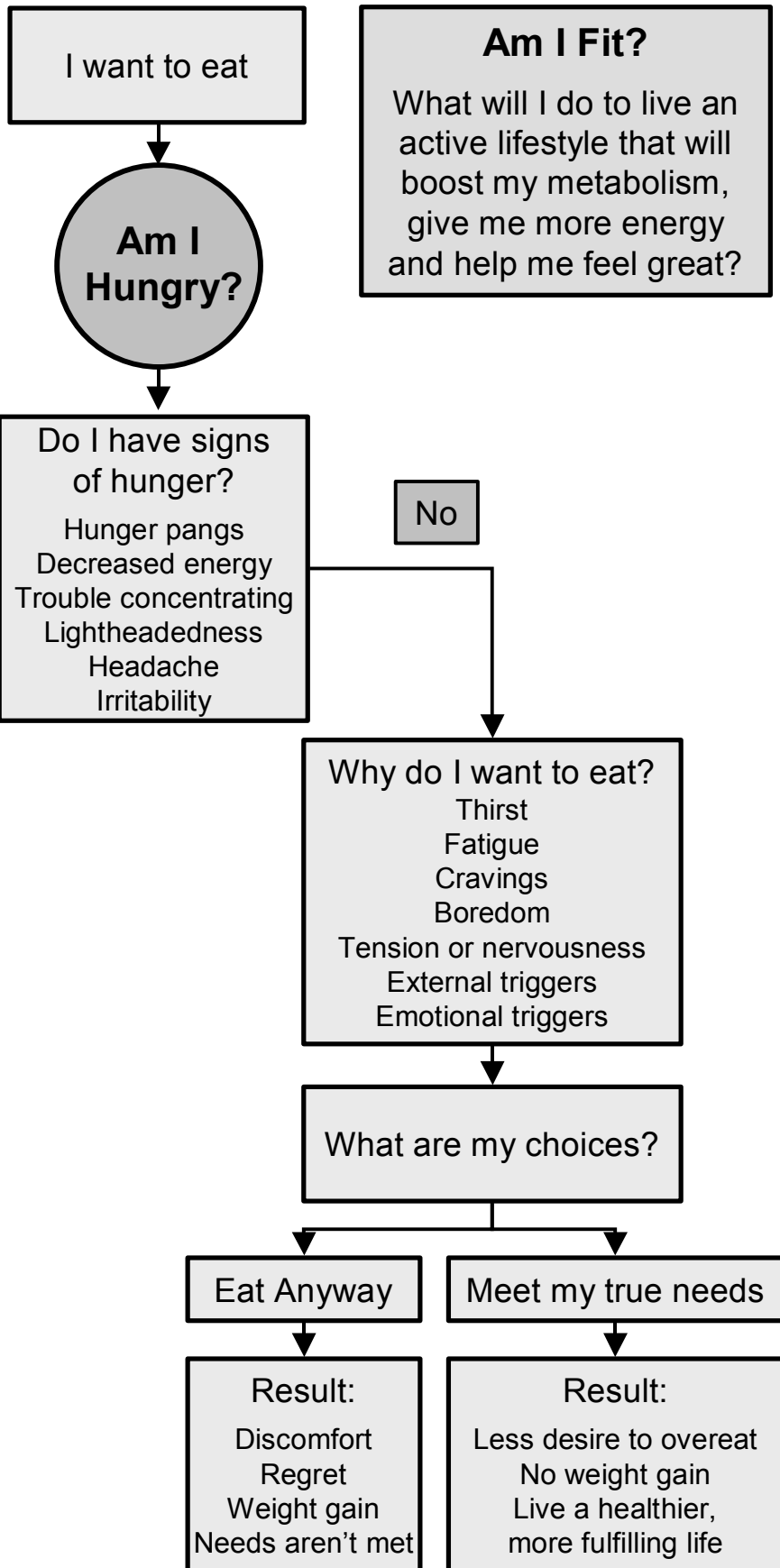
Use the Am I Hungry? system on the next page to guide you. Here are some important steps to get you started.

1. Let go of the idea that there is a perfect diet that will finally solve your problems. The answer lies within you.
2. Whenever you have an urge to eat, instead of focusing on the food, first ask yourself, "Am I hungry?" Remember that hunger is a *physical* feeling. It is not the same thing as appetite, cravings, or the desire to eat.
3. If you are hungry, try to make the best possible choice you can that will satisfy your body *and* your soul. Learning about nutrition and keeping tasty, healthy food on hand makes this step easier.
4. Remember that there are no "good" or "bad" foods. You are less likely to overeat certain foods if you know that you can have them again when you really want them.
5. Stop eating when hunger is gone but before you feel full, even if there is food left.
6. If you are not hungry, ask yourself what else might have triggered your urge to eat. Was there another physical, environmental, or emotional trigger?
7. If it was an environmental trigger, like a mealtime or tempting food, ask yourself what you could do to reduce the trigger or distract yourself from it. For instance, could you put the candy dish out of sight or could you do something else for a while until you are actually hungry?
8. If it was an emotional trigger, ask yourself what you could do to better cope with that emotion. For instance, if stress triggered your urge to eat, could you try a relaxation exercise instead? If you feel sad or angry, could you journal or talk to someone? You will feel better when you meet your true needs!
9. Live an active lifestyle and exercise regularly to feel great, boost your metabolism, and live a longer healthier life.
10. Don't expect yourself to be perfect. Learning new skills takes time and practice.

*This is part of a multi-dimensional system developed by Michelle May, M.D.  
To learn more, visit [www.AmIHungry.com](http://www.AmIHungry.com) or call 480 704-7811.*



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**Am I Fit?**  
What will I do to live an active lifestyle that will boost my metabolism, give me more energy and help me feel great?