



Am I Hungry?TM

Mindful Eating Program for Bariatric Surgery

Companion Workbook and Awareness Journal to
Eat What You Love, Love What You Eat

By
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with
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It's STILL Not About the Food!

Since 1999, **Am I Hungry?® Mindful Eating Workshops**, developed by Michelle May MD, have helped tens of thousands of people end mindless, emotional eating and futile yoyo dieting. They have discovered conscious decision-making, balance, and a vibrant *whole* life free of guilt and obsession. Now this award-winning program has been tailored for the unique needs of individuals who have had (or are considering) bariatric surgery (band, bypass, or sleeve).



Adjust to Your New Normal

The **Am I Hungry? Mindful Eating Program for Bariatric Surgery** is designed to prevent, identify, and resolve the maladaptive eating habits and emotional eating issues that commonly lead to problems after bariatric surgery, including:

- Eating too quickly, taking large bites, or not chewing thoroughly
- Eating mindlessly while distracted, leading to overconsumption
- Not savoring food and therefore having difficulty feeling satisfied with small volumes of food
- Eating too much, leading to discomfort, vomiting and/or distention of the pouch
- Grazing throughout the day and/or eating "slider" foods and high-calorie soft foods and liquids
- Emotional eating
- Not consuming enough protein or nutrient-rich foods
- Feeling guilty, deprived, or left-out in social situations
- Struggling to establish consistent, joyful physical activity
- Difficulty adjusting to life after bariatric surgery

Am I Hungry?® Mindful Eating Program for Bariatric Surgery

Eat What You Love, Love What You Eat:
How to Break Your Eat-Repent-Repeat Cycle

Am I Hungry? Mindful Eating Program for
Bariatric Surgery Companion Workbook and Journal
by Michelle May MD with Margaret Furtado MS RD

For more info about these books and
Am I Hungry?® Facilitator Training, please visit
<http://www.amihungry.com/Mindful-Eating-Program-for-Bariatric-Surgery.shtml>

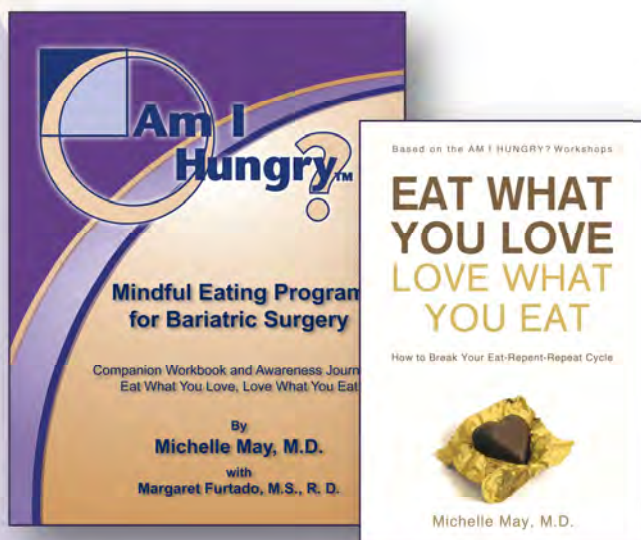


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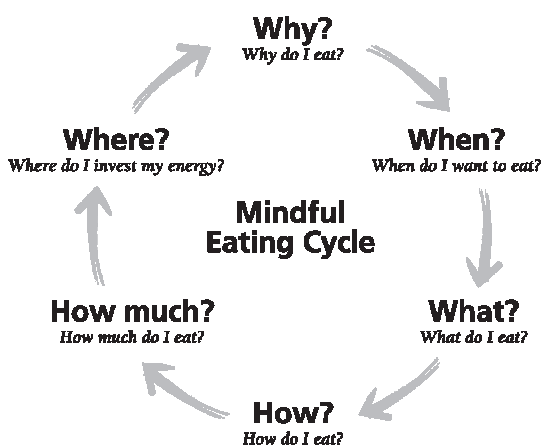
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ADJUST: INVEST YOUR ENERGY IN LIVING!

If you've had bariatric surgery *and* understand the Mindful Eating Cycle, you have two powerful tools that can work beautifully together to help you create the fulfilling life you crave. Here are some of the key concepts you've learned from the Mindful Eating Cycle; you may want to repeat these to yourself regularly to support your new way of living.



Why do I eat?

- I am in charge of my choices about eating, physical activity, and self care.
- I am mindful of my physical and emotional needs and strive to meet them appropriately.
- I know bariatric surgery is only a tool and that it is up to me to learn to use it properly.

When do I eat?

- Whenever I feel like eating, I pause to tune in to my body and ask, *Am I hungry?*
- I use the Body-Mind-Heart Scan to become aware of what I am experiencing in the present moment so I can respond instead of reacting mindlessly.
- I eat to meet my needs for fuel, nourishment, hydration, and pleasure.
- I use my hunger and fullness signals to guide me about when, what, and how much to eat.
- When I feel like eating even though I'm not hungry, I have three options: Eat anyway, Redirect my attention, or Meet my true needs.
- If I'm not hungry, I can FEAST instead: Focus, Explore, Accept, Strategize, Take action.

What do I eat?

- I use the principles of balance, variety, and moderation to guide my eating.
- When I'm hungry, I ask three questions: What do I want? What do I need? What do I have?
- Since my stomach is small, I *need* protein first, then other nutrient-rich foods.
- I eat the foods I love mindfully and without guilt, in a manner that is satisfying and sustainable.
- I am aware of the effects of my choices and use that information to guide my future choices about eating without judgment or guilt.
- I take my vitamin and mineral supplements consistently and have recommended lab work as directed by my bariatric team.

How do I eat?

- Mindful eating—eating with intention and attention—gives me more pleasure with less food.
- Eating slowly, taking small bites, and chewing thoroughly increases satiety and enjoyment and decreases problems.

How much do I eat?

- I eat with the intention of feeling better when I'm done than I did when I started.
- I pause after each bite, ask "Am I full?", and check for the early signals of satiety.
- When I eat too much, I turn the situation into a learning experience by noticing how I feel physically and emotionally.

Where do I invest my energy?

- I cultivate a strong support system that includes family, friends, colleagues, and my health care team. I let them know how they can best support me along this journey.
- I don't compare myself with others. Each of us is unique so my journey is my own.
- Physical activity builds my stamina, strength, and flexibility so I can live my life to the fullest.
- I practice balance, variety, and moderation not just in the way I eat, but in the way I live.
- I live mindfully and make quiet time, prayer, deep breathing, and/or meditation to help me feel calm and centered.
- I practice self-care for my *whole* self—body, mind, heart, and spirit.