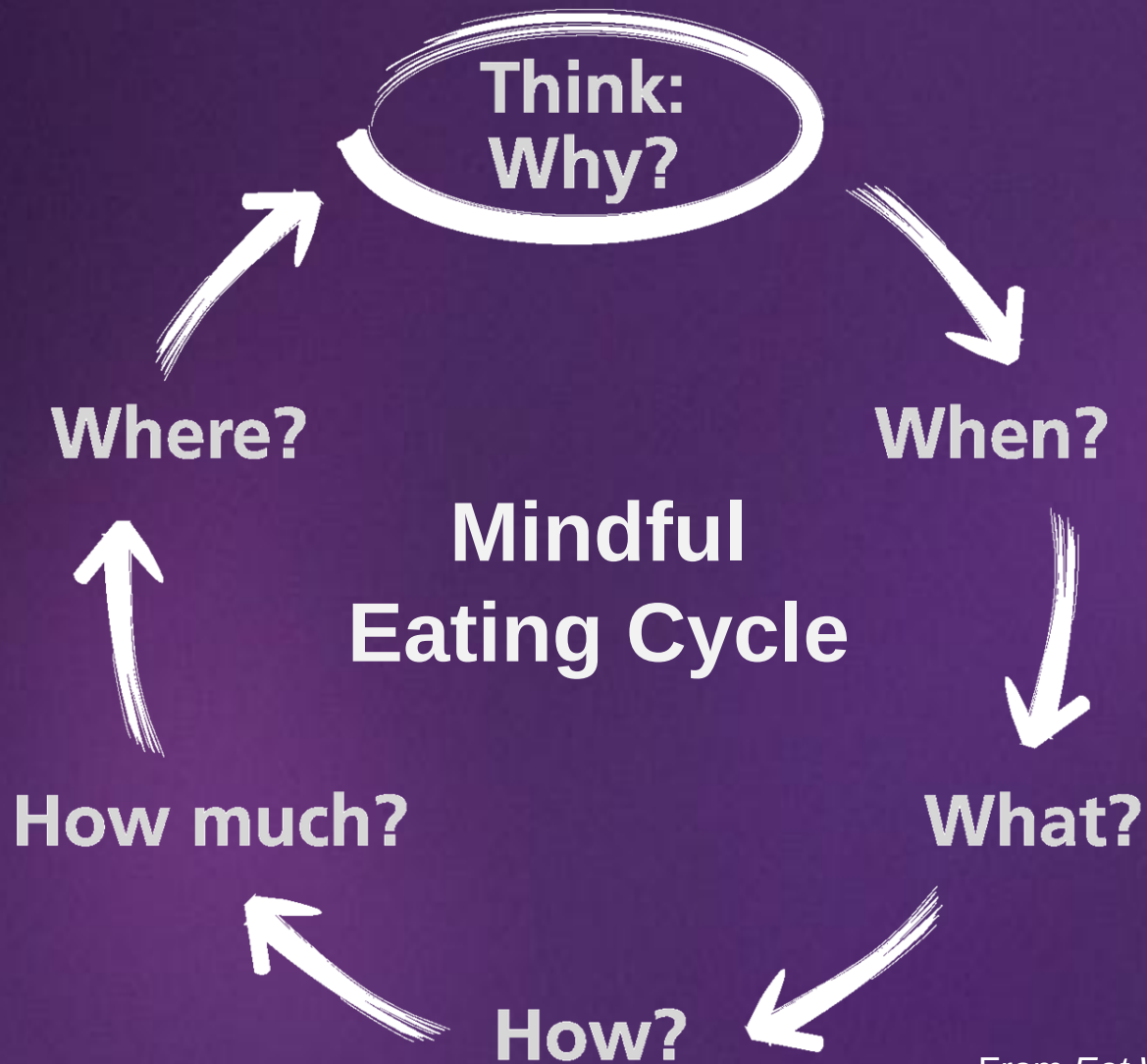


Why Diets Aren't the Answer

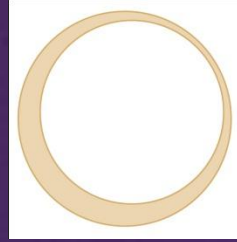


Michelle May, M.D., F.A.A.F.P.

Founder, Am I Hungry?® Mindful Eating Workshops
and Facilitator Training Program

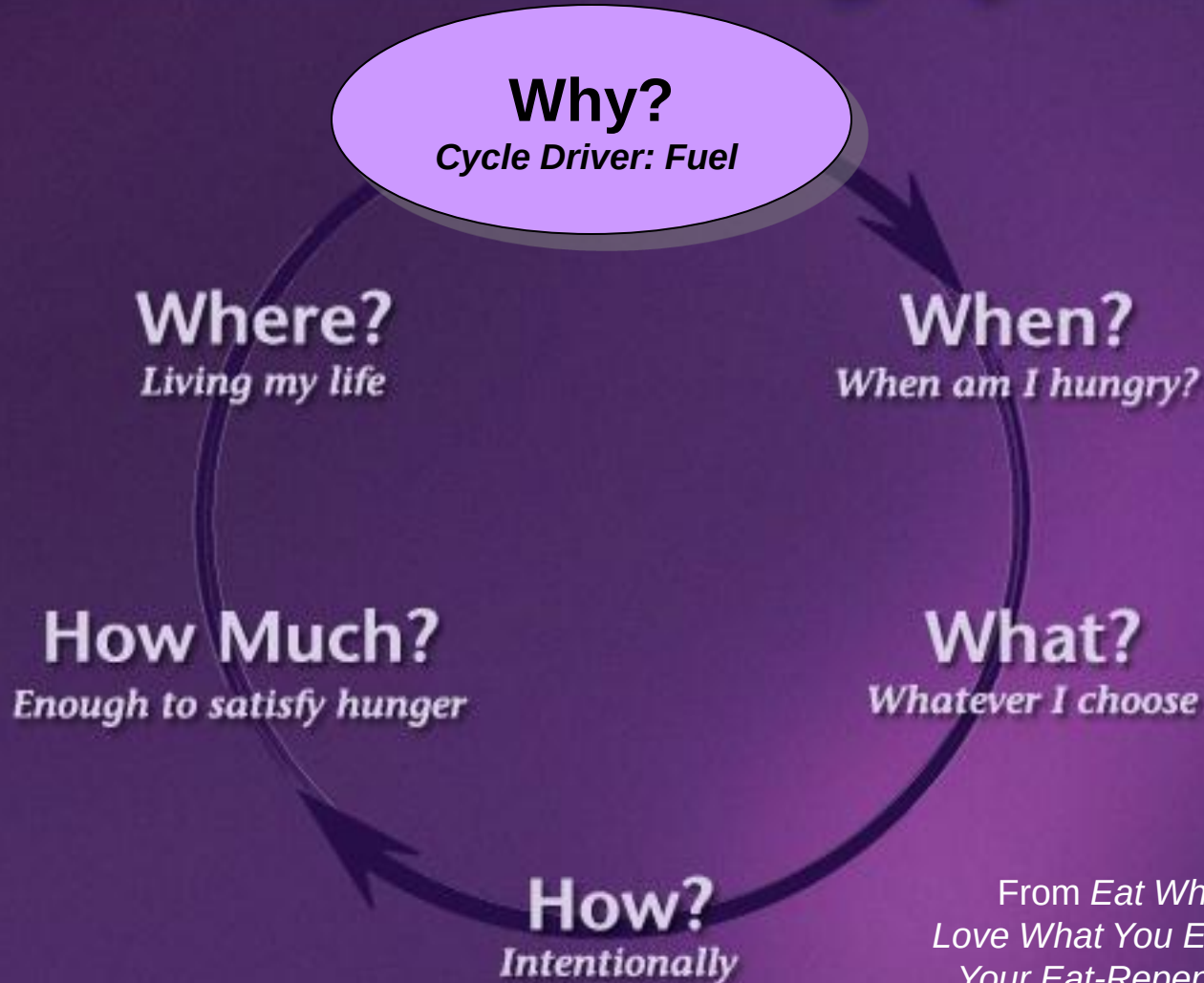


*From Eat What You Love,
Love What You Eat: How to Break
Your Eat-Repent-Repeat Cycle
By Michelle May, M.D.*



Instinctive Eating Cycle

Instinctive Eating Cycle



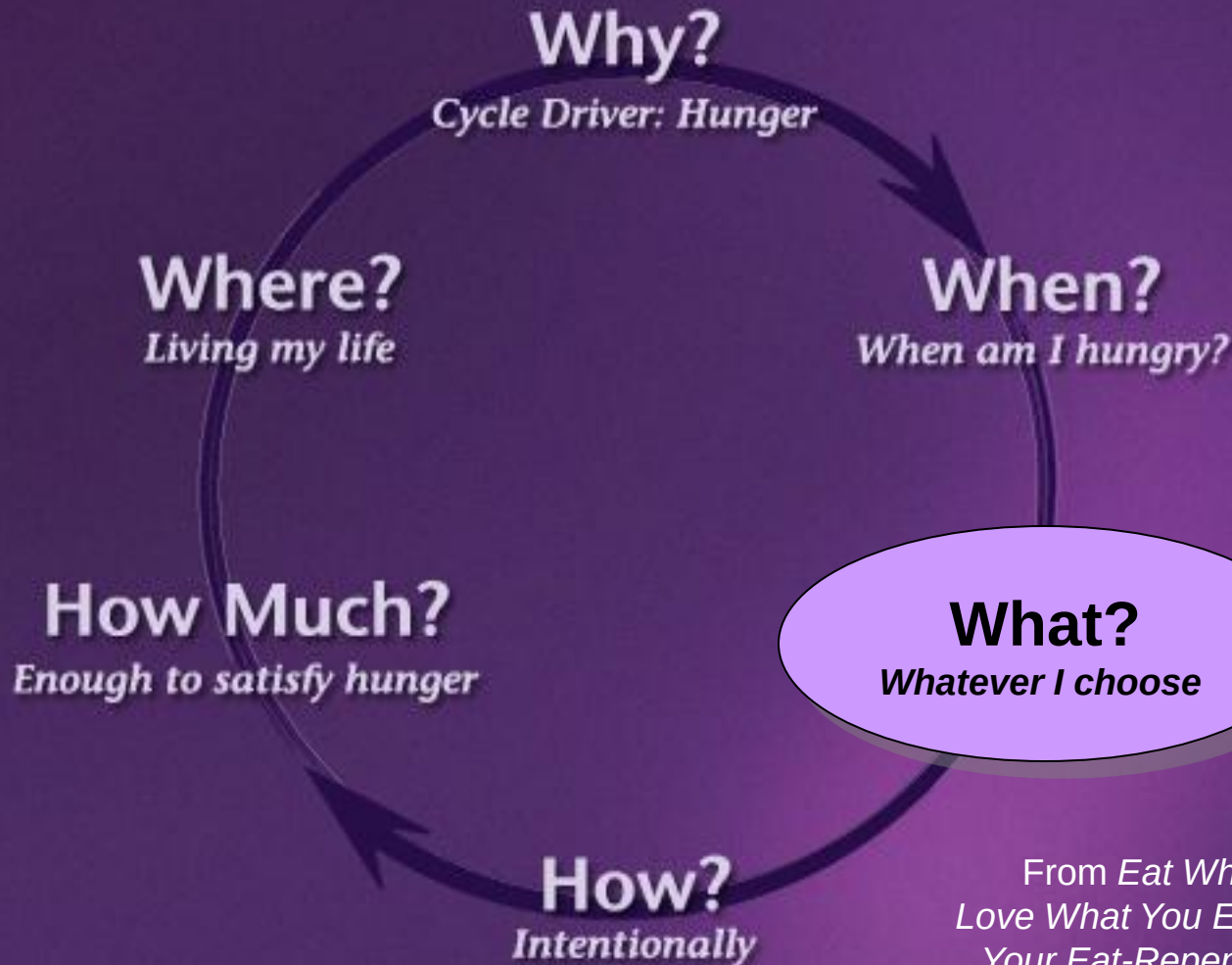
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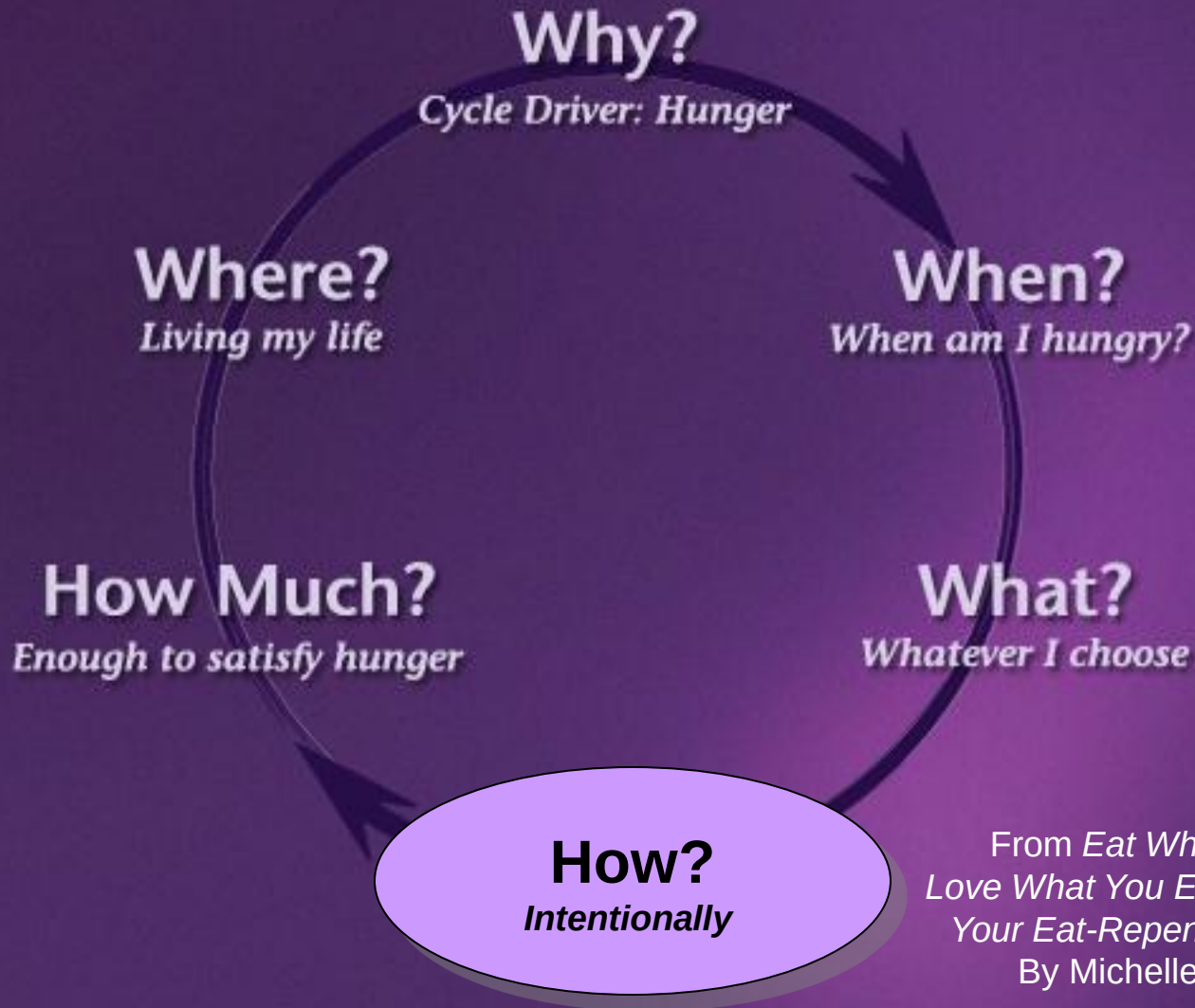
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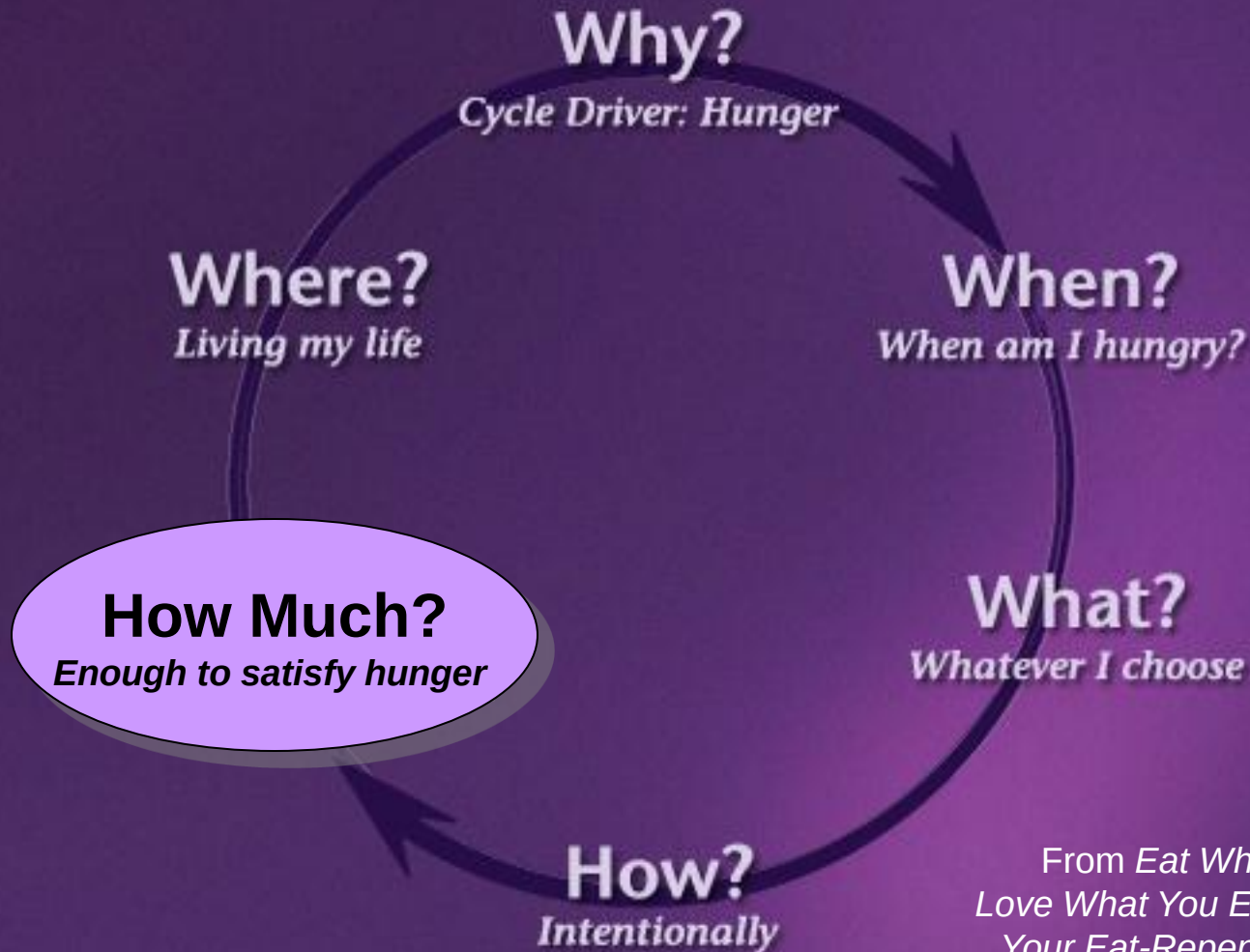
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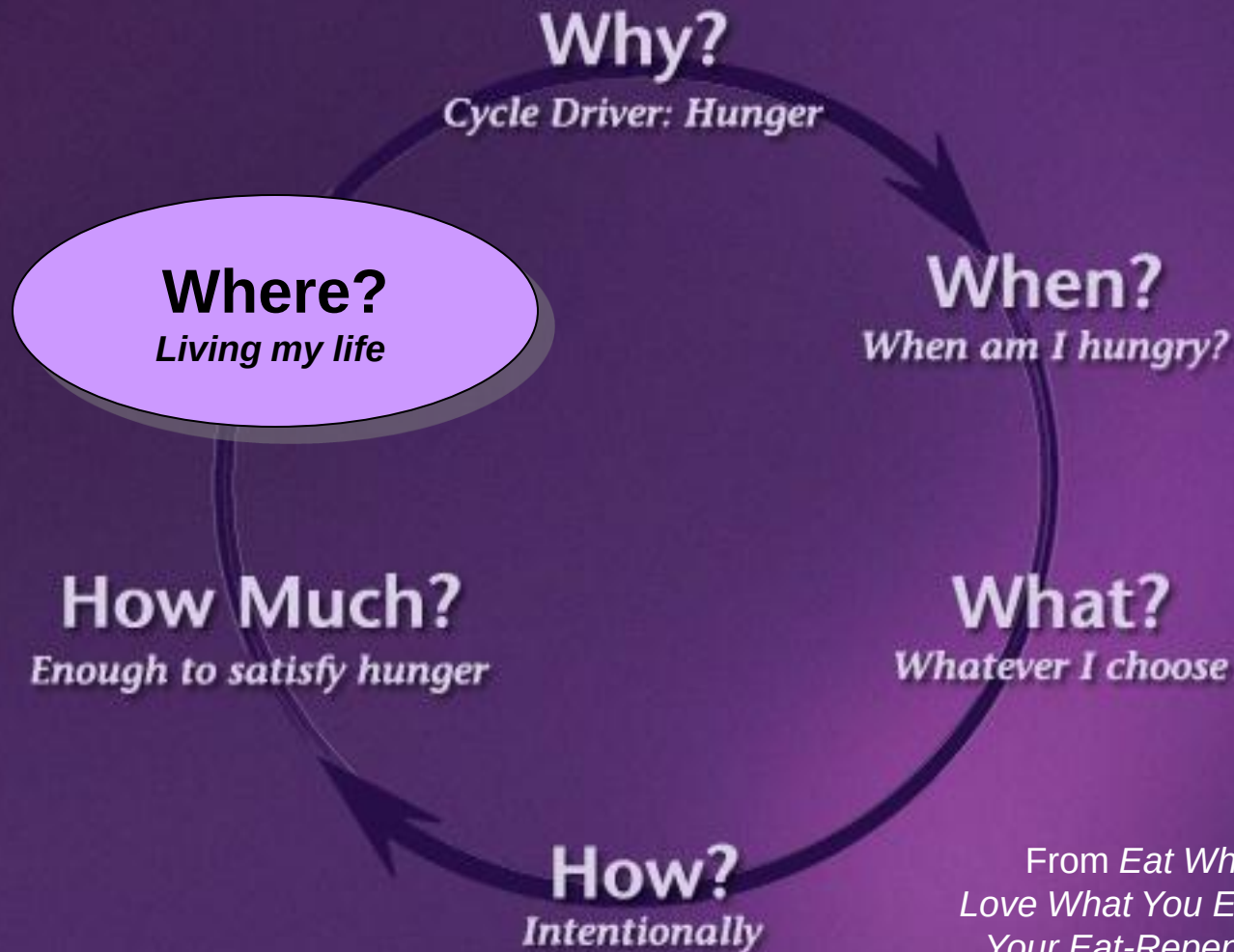
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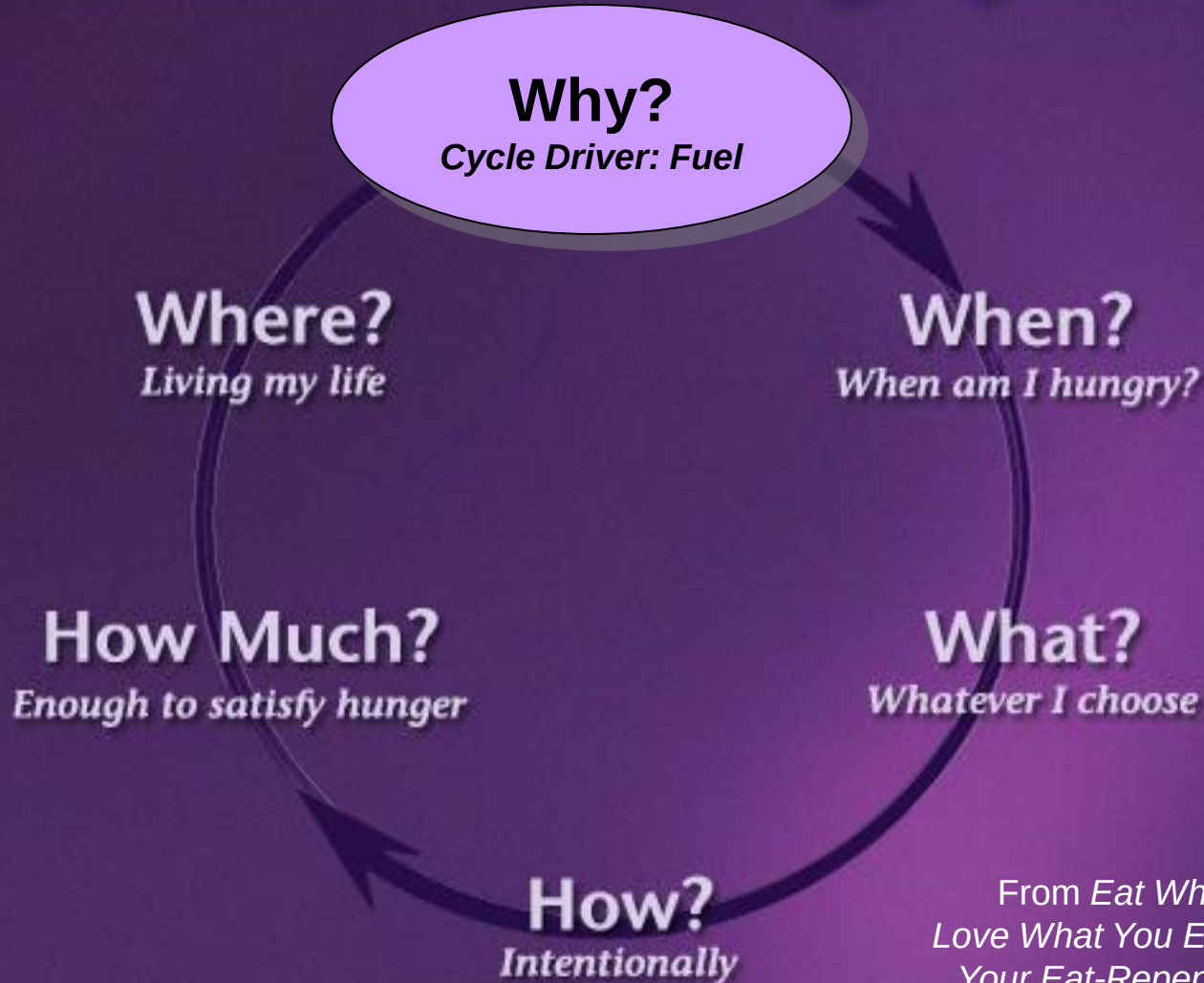
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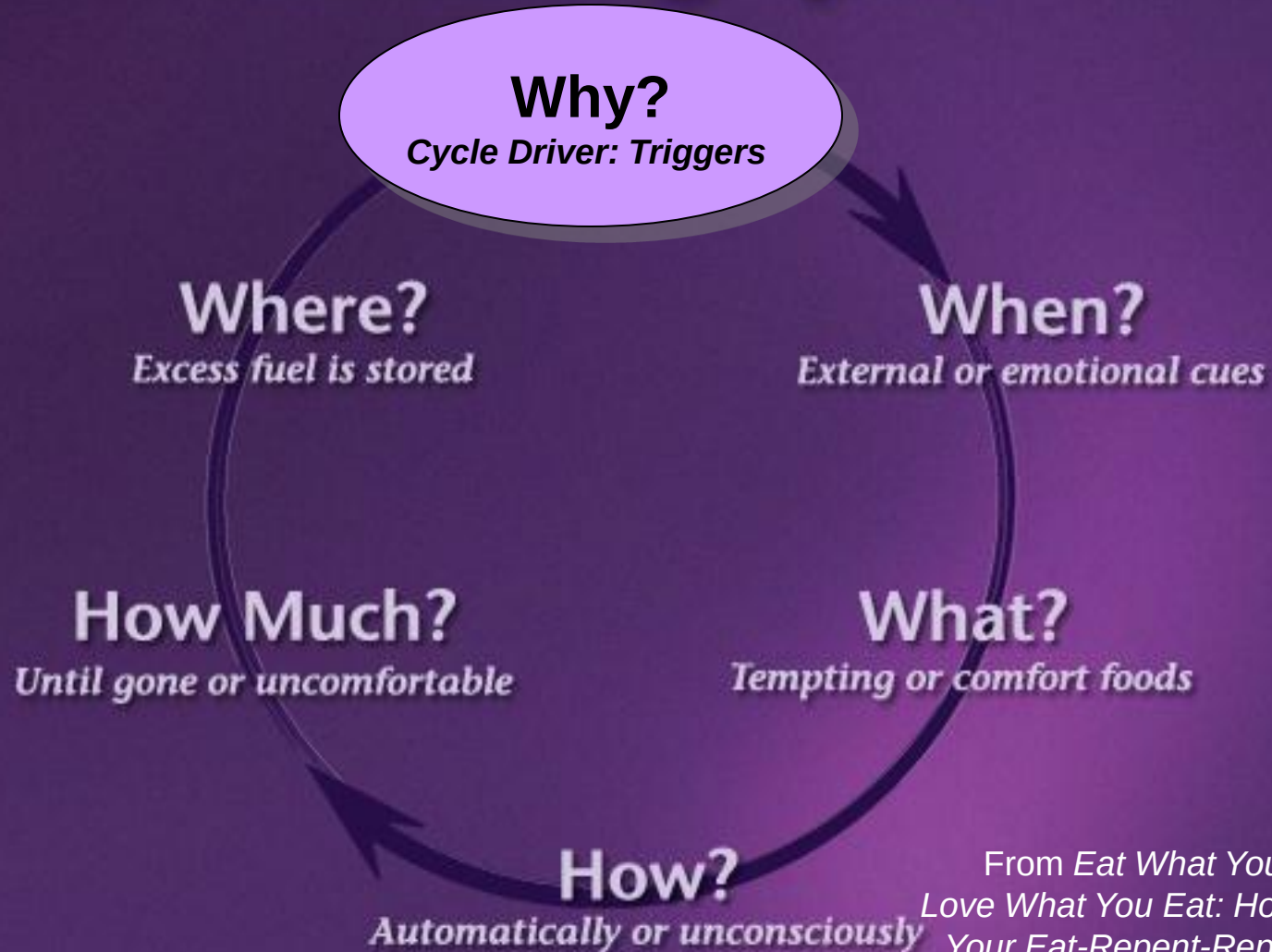
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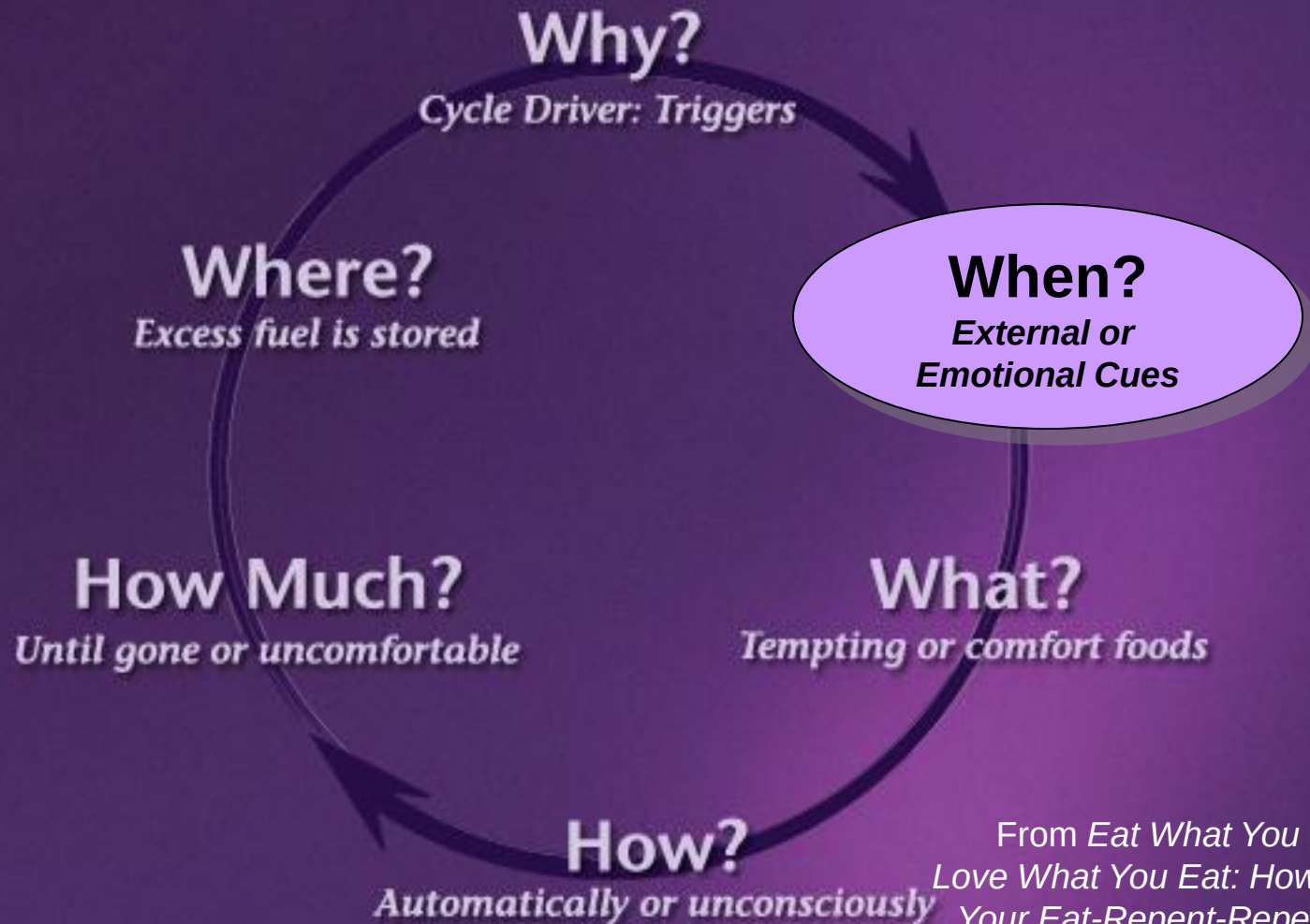
Overeating Cycle

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Physical Triggers



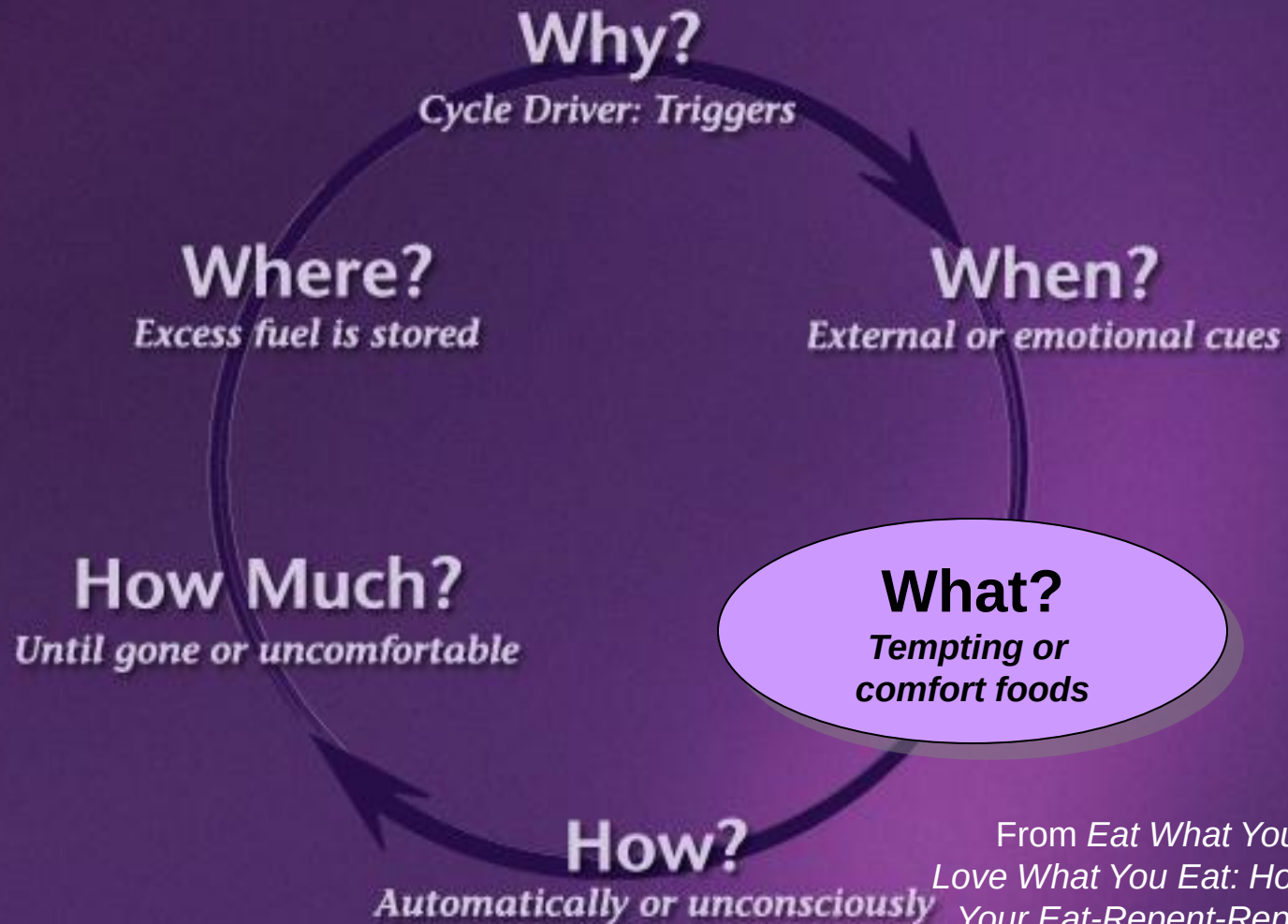
Environmental Triggers



Emotional Triggers

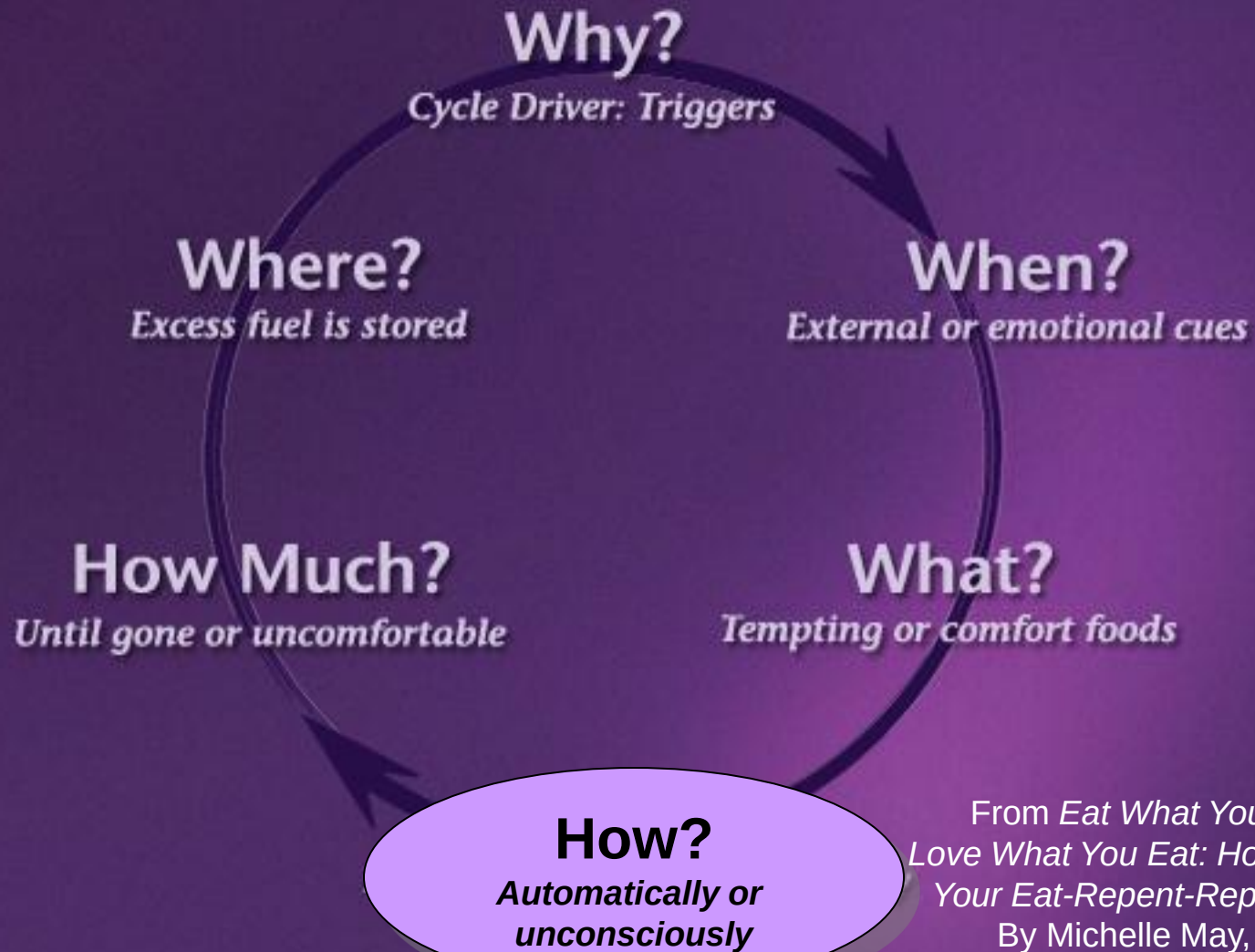


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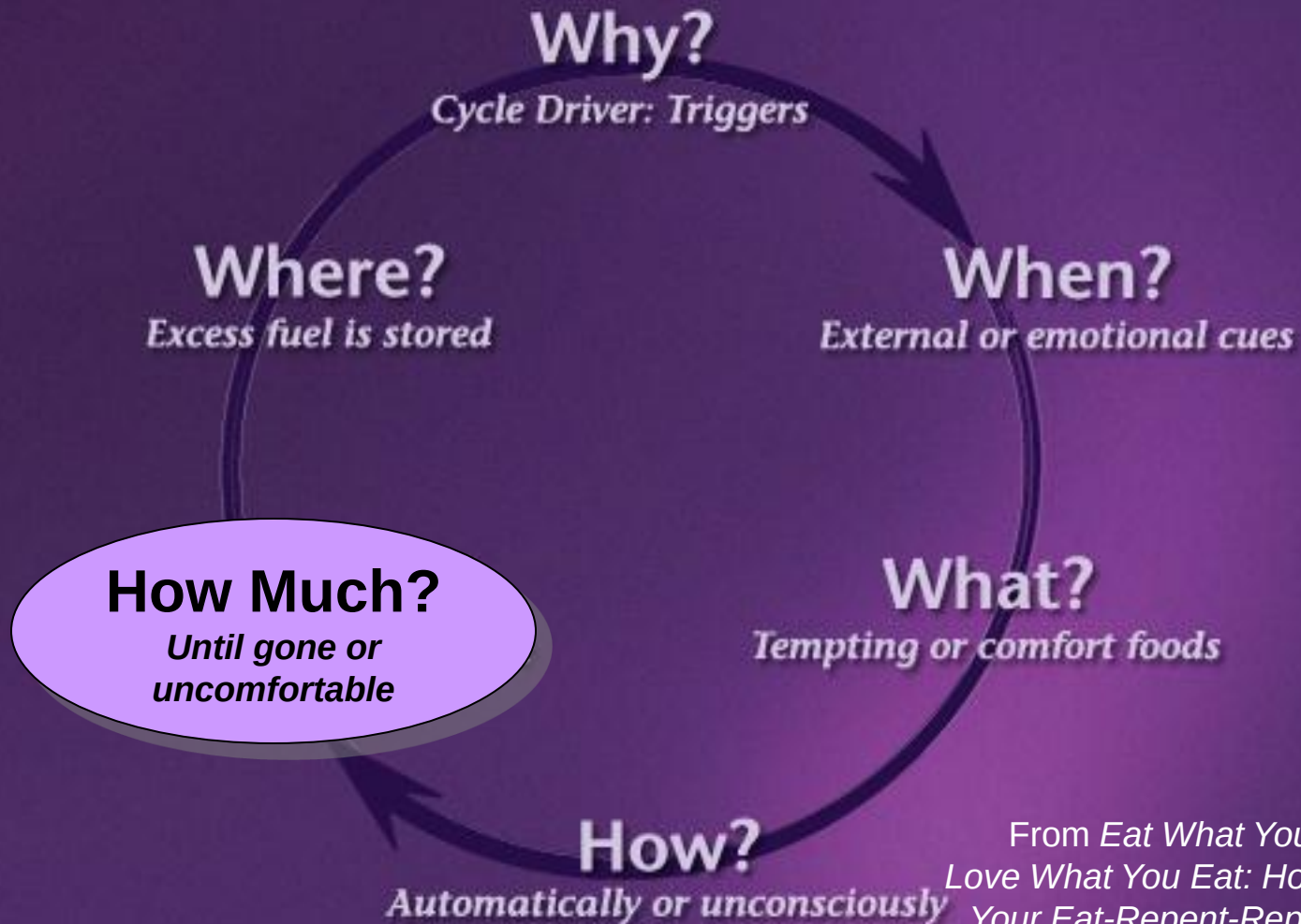
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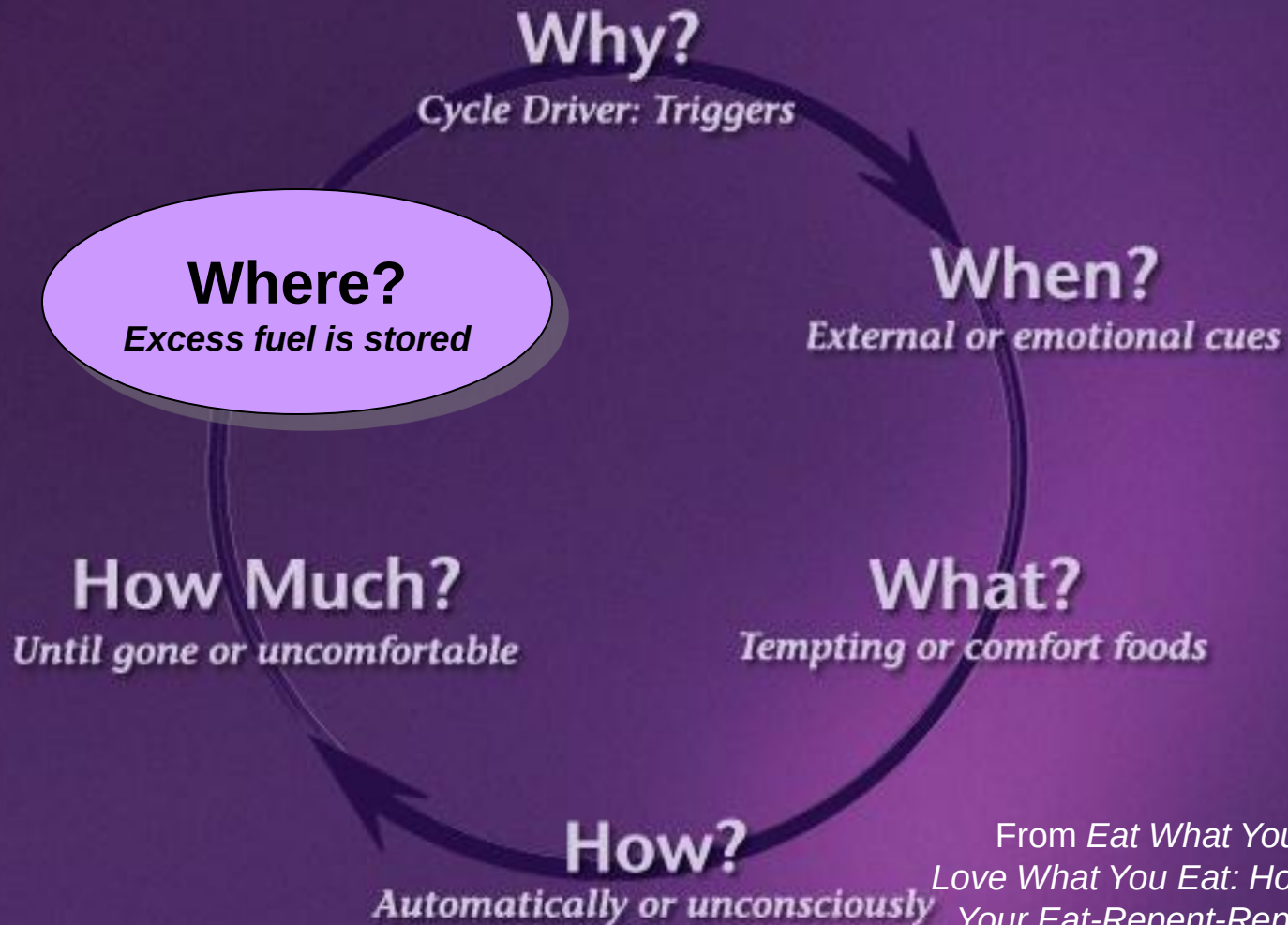
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Just how mad is she?

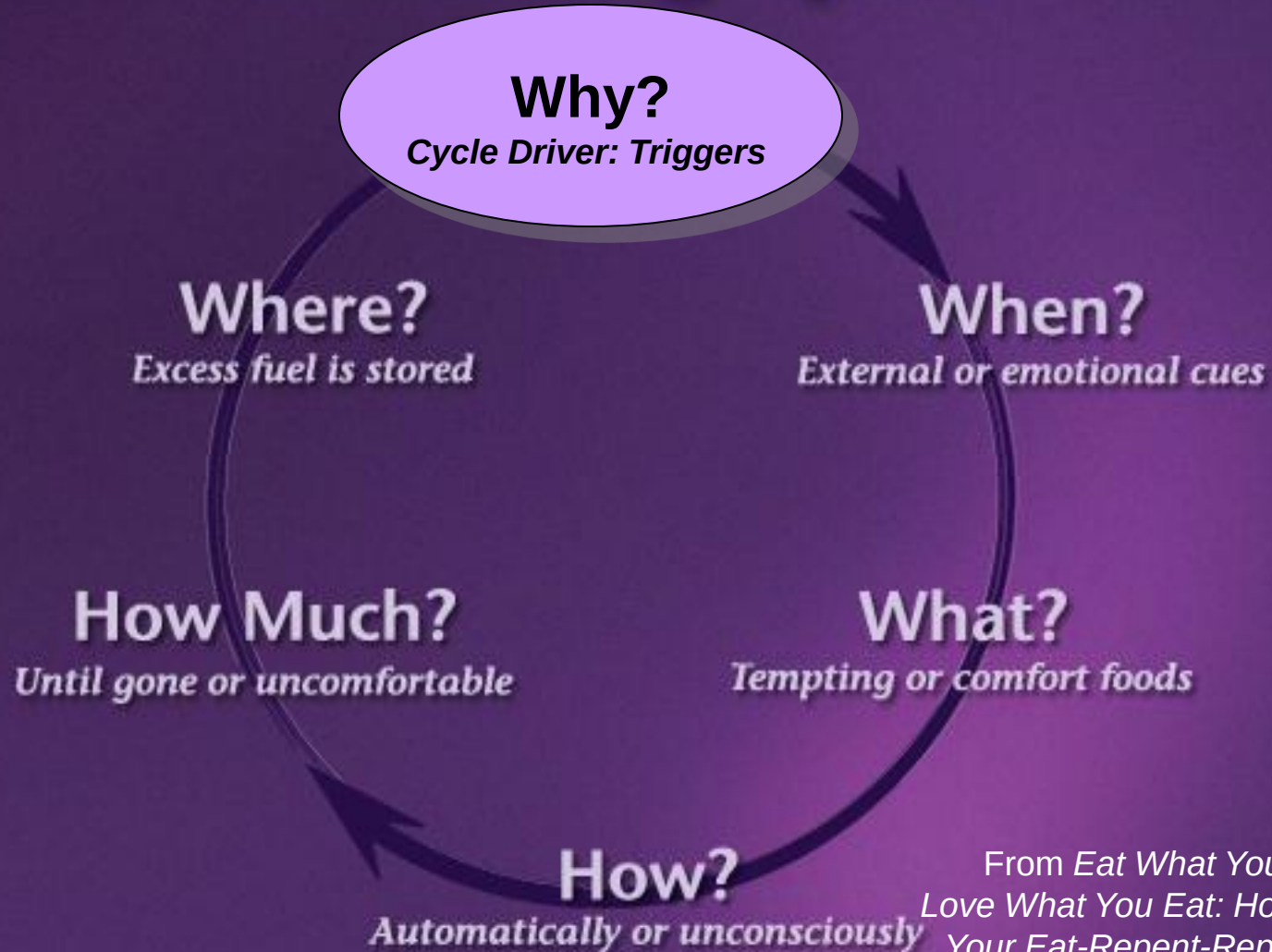


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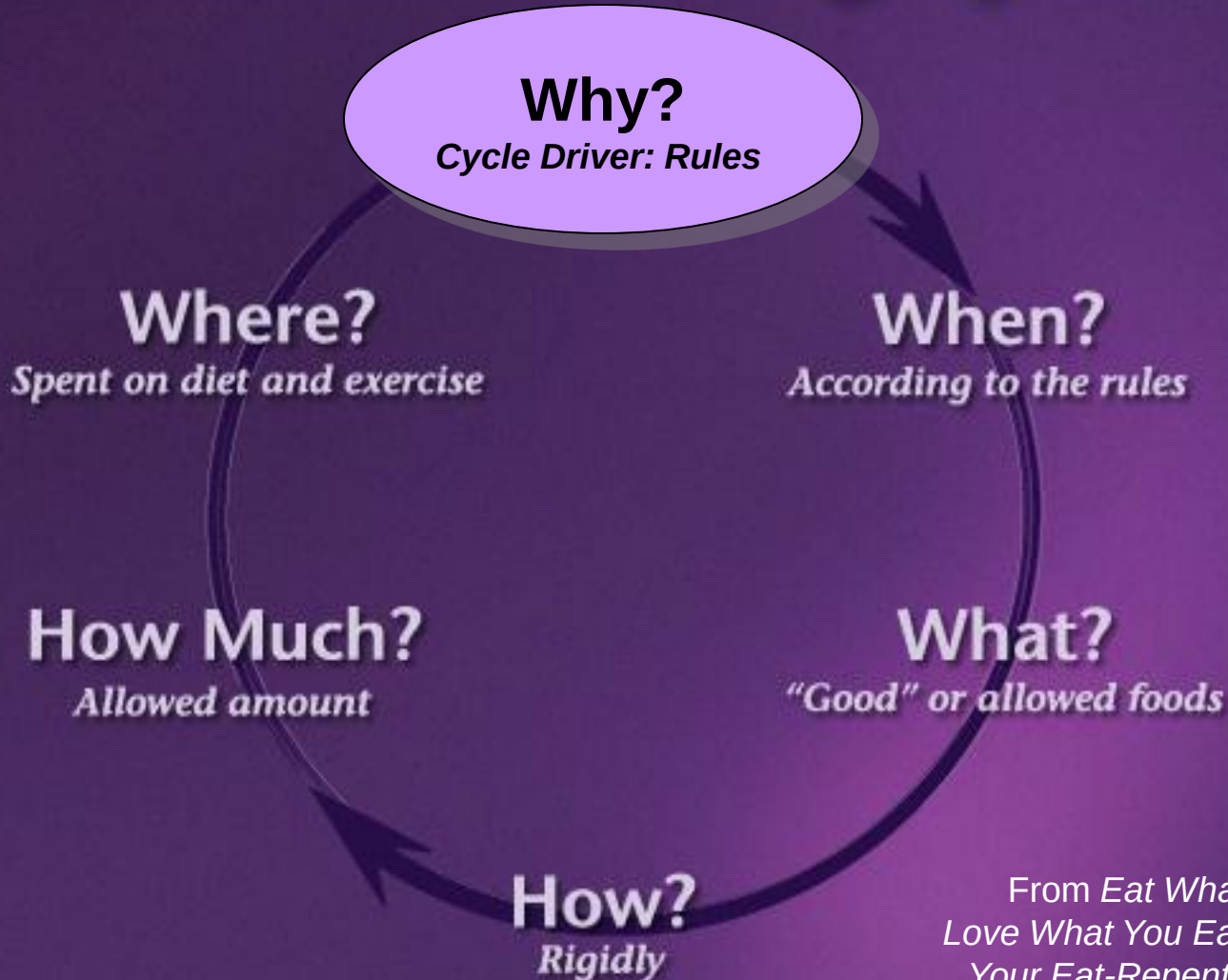
**“When a craving
doesn’t come from hunger,
eating will never satisfy it.”**

—Michelle May, M.D.
Eat What You Love, Love What You Eat



Restrictive Eating Cycle

Restrictive Eating Cycle



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2 Chocolate Truffles

(like Godiva)



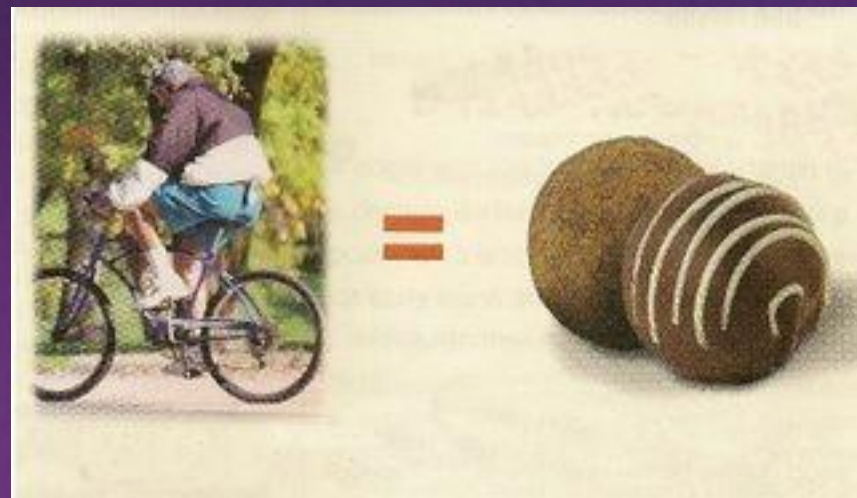
=



200 calories

20 minutes

Bicycling

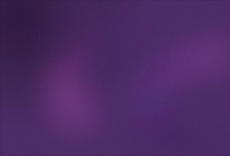




**“The difference between
restrictive eating and healthy
eating is the difference between a
paint-by-number
and a masterpiece.”**

*—Michelle May, M.D.
Eat What You Love, Love What You Eat*

Overeating = Out of Control



Overeating = Out of Control

Restrictive Eating = In Control



Overeating = Out of Control

Restrictive Eating = In Control

Instinctive Eating = In Charge



Michelle May, M.D.

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