



Dr Michelle May

Family Physician, USA

Eat what you love, love what you eat - Concurrent Workshop Session Repeated

Saturday, 11 June 2011

Start 11:00am

Duration: 55mins

Opus

Start 12:05pm

Duration: 55mins

Opus

 **Rotorua GP CME 2011**
New Zealand Medical Association

General Practice Conference & Medical Exhibition



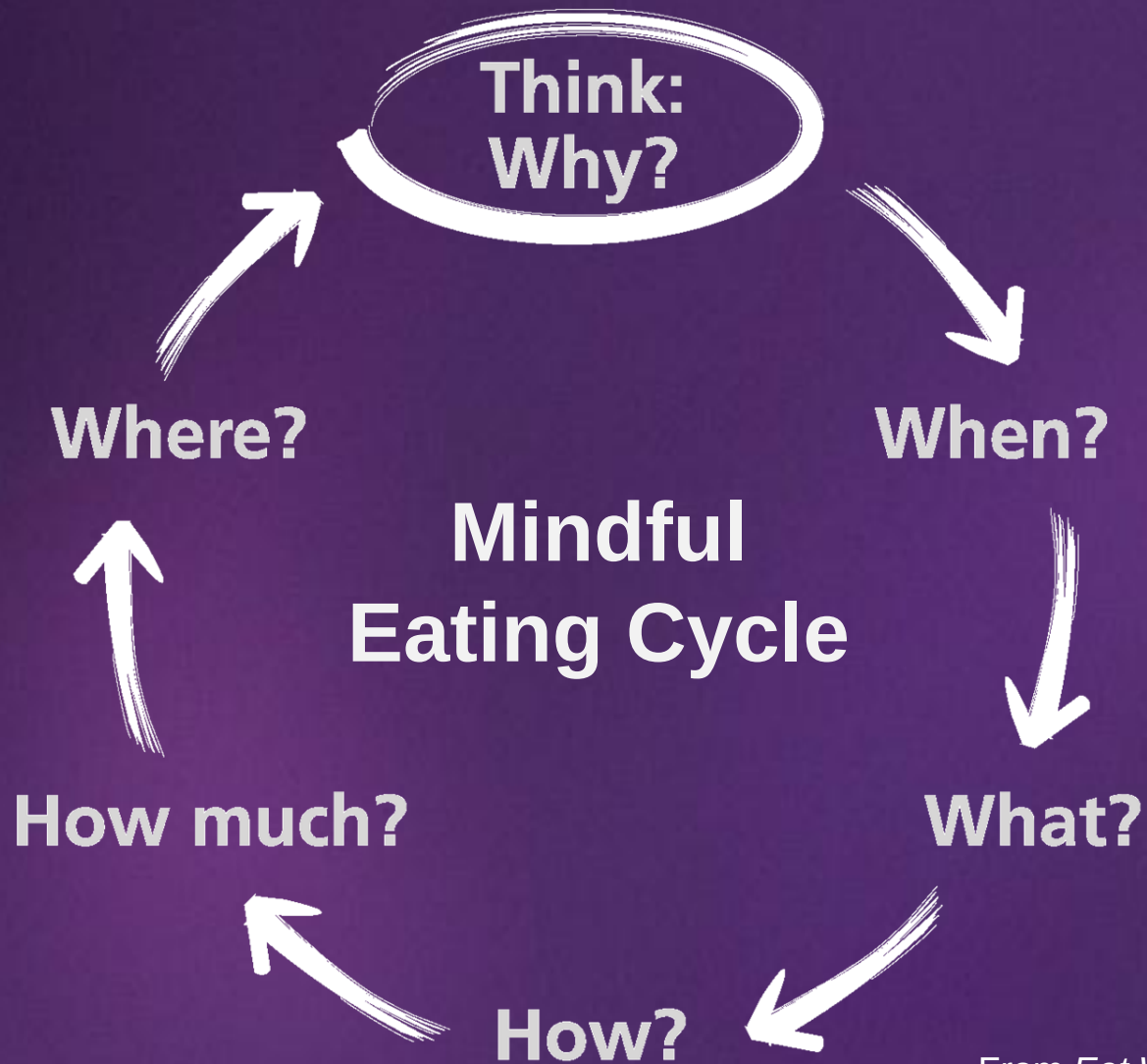
09-12 June 2011 | Energy Events Centre | Rotorua

Eat What You Love, Love What You Eat

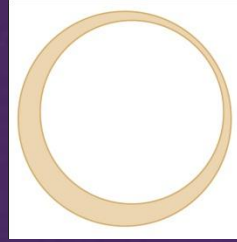


Michelle May, M.D., F.A.A.F.P.

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

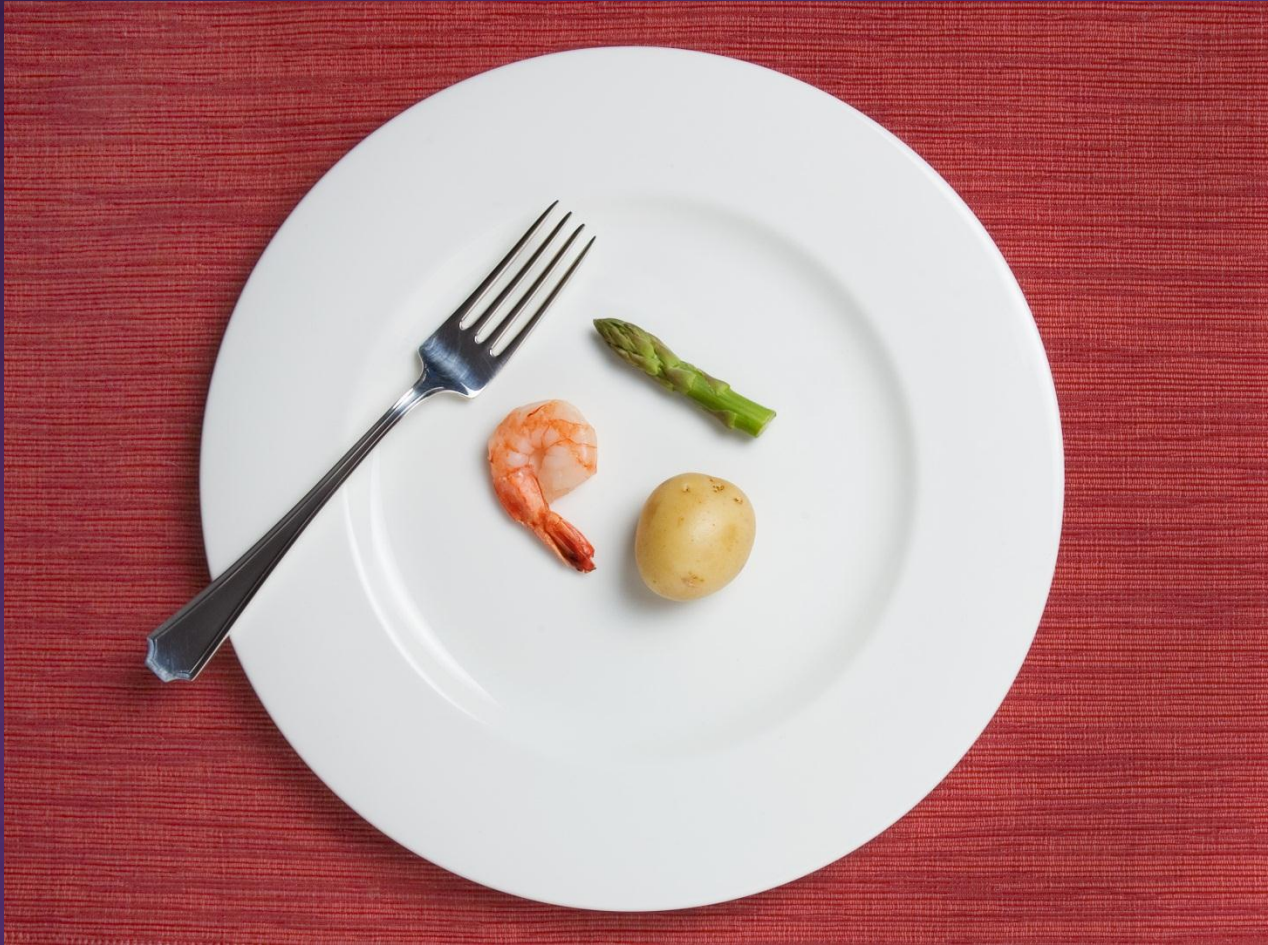


*From Eat What You Love,
Love What You Eat: How to Break
Your Eat-Repent-Repeat Cycle
By Michelle May, M.D.*

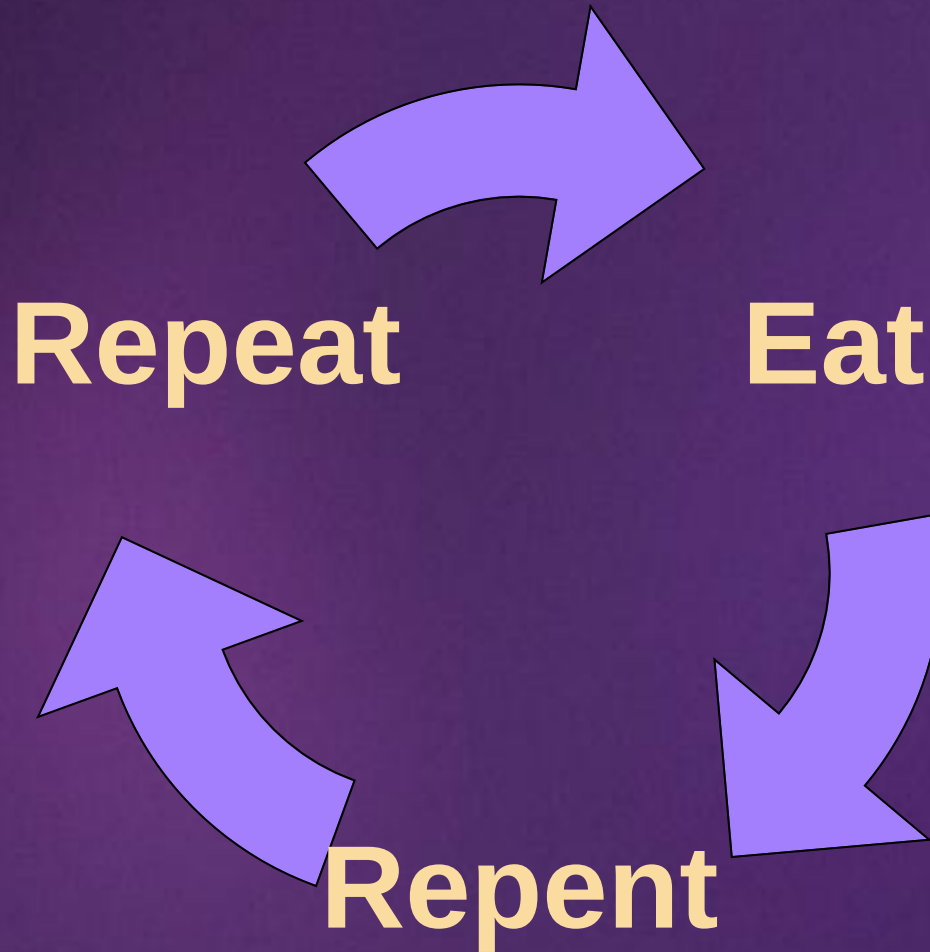


Mindful Eating Strategies

That was your last diet.



How to Break the Cycle



Eating Cycle



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Eating Cycle



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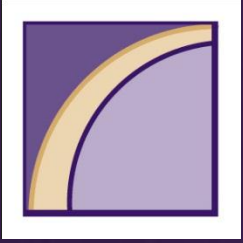
**“Sometimes ‘I want a brownie’
means I want a break, I want to
talk, or I want to scream.
And sometimes it means
‘I want a brownie.’”**

—Michelle May, M.D.

Eating Cycle



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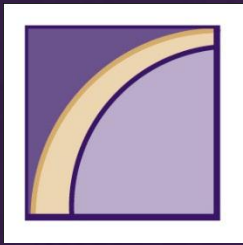


Eat What You Love

All foods fit

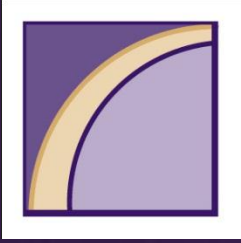
- **Balance**
 - Nourishment
 - Enjoyment
- **Variety**
 - Nutrient rich foods
- **Moderation**
 - In all things





Nutrient Rich Foods



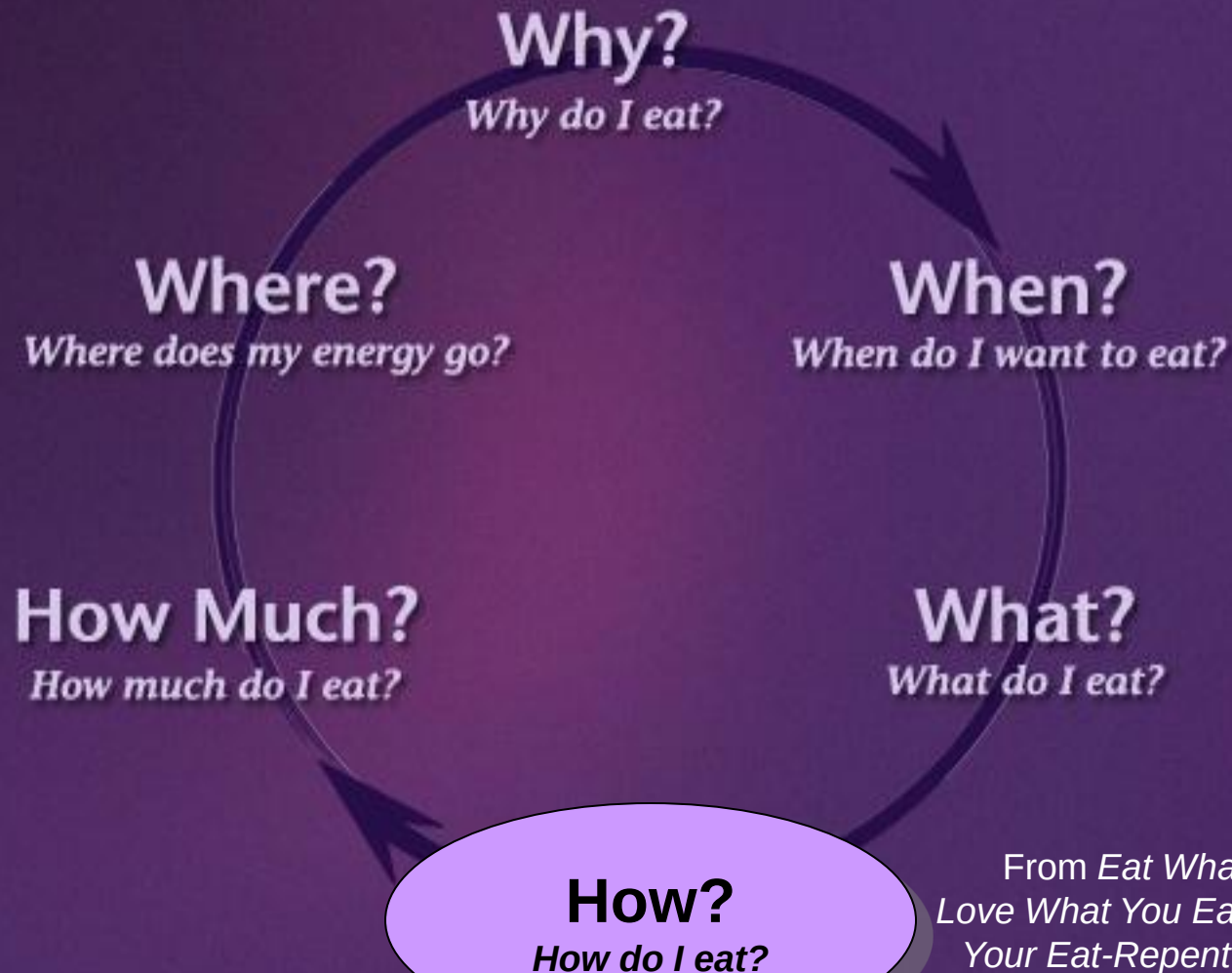


What do I...

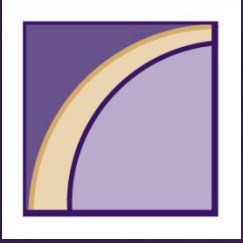
- Want?
- Need?
- Have?



Eating Cycle



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Love What You Eat!

Mindful Eating

- Intention
- Attention



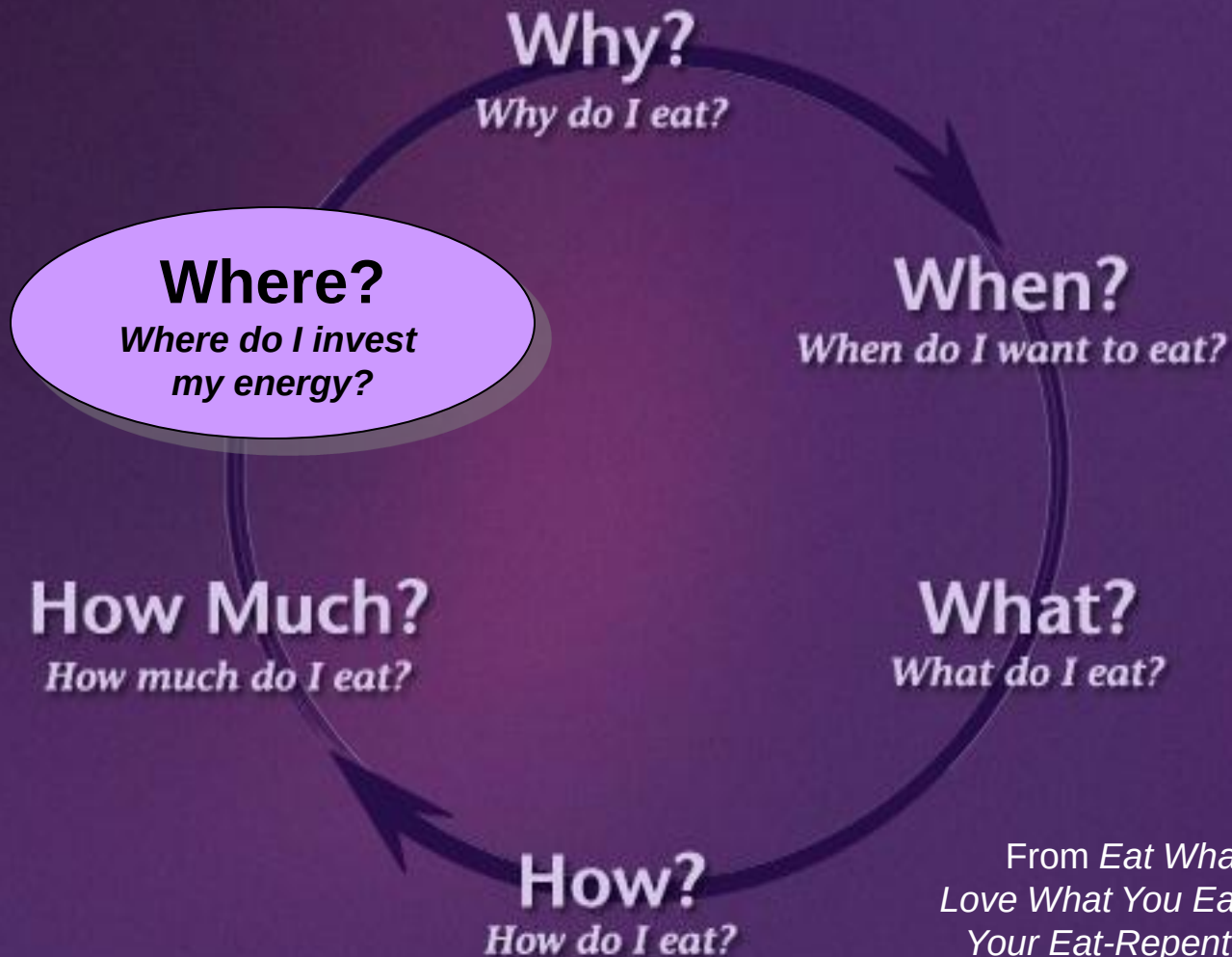
Eating Cycle



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Eating Cycle



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12 tricks to make
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SEPTEMBER 2004
www.fitnessmagazine.com

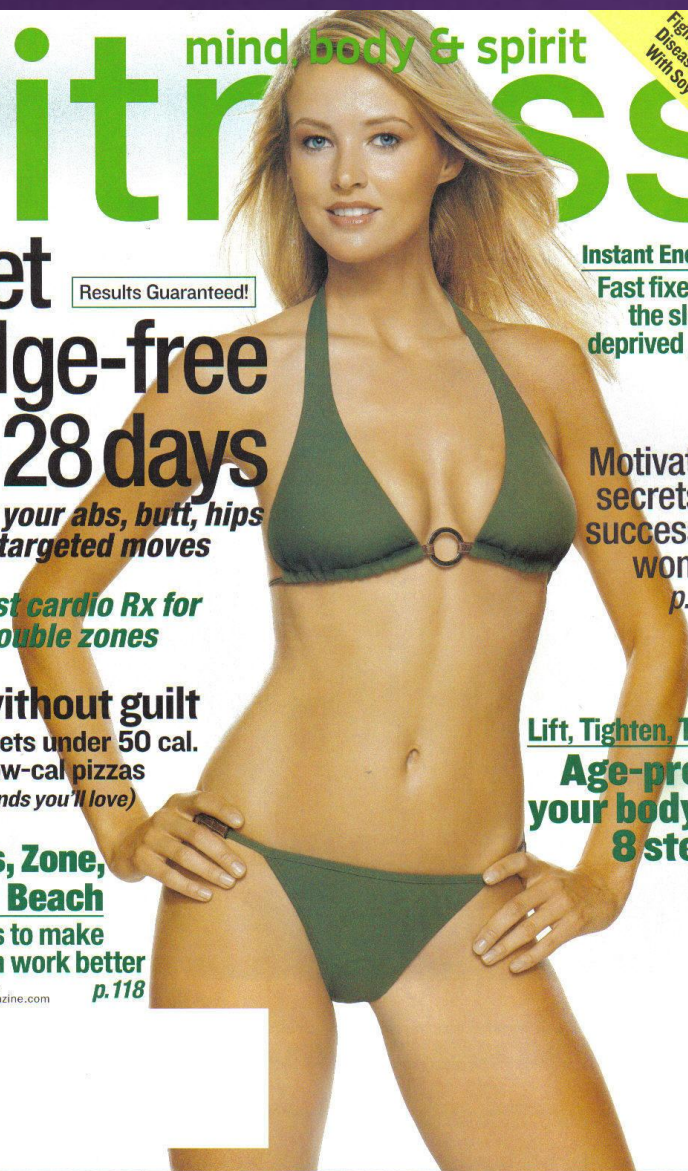
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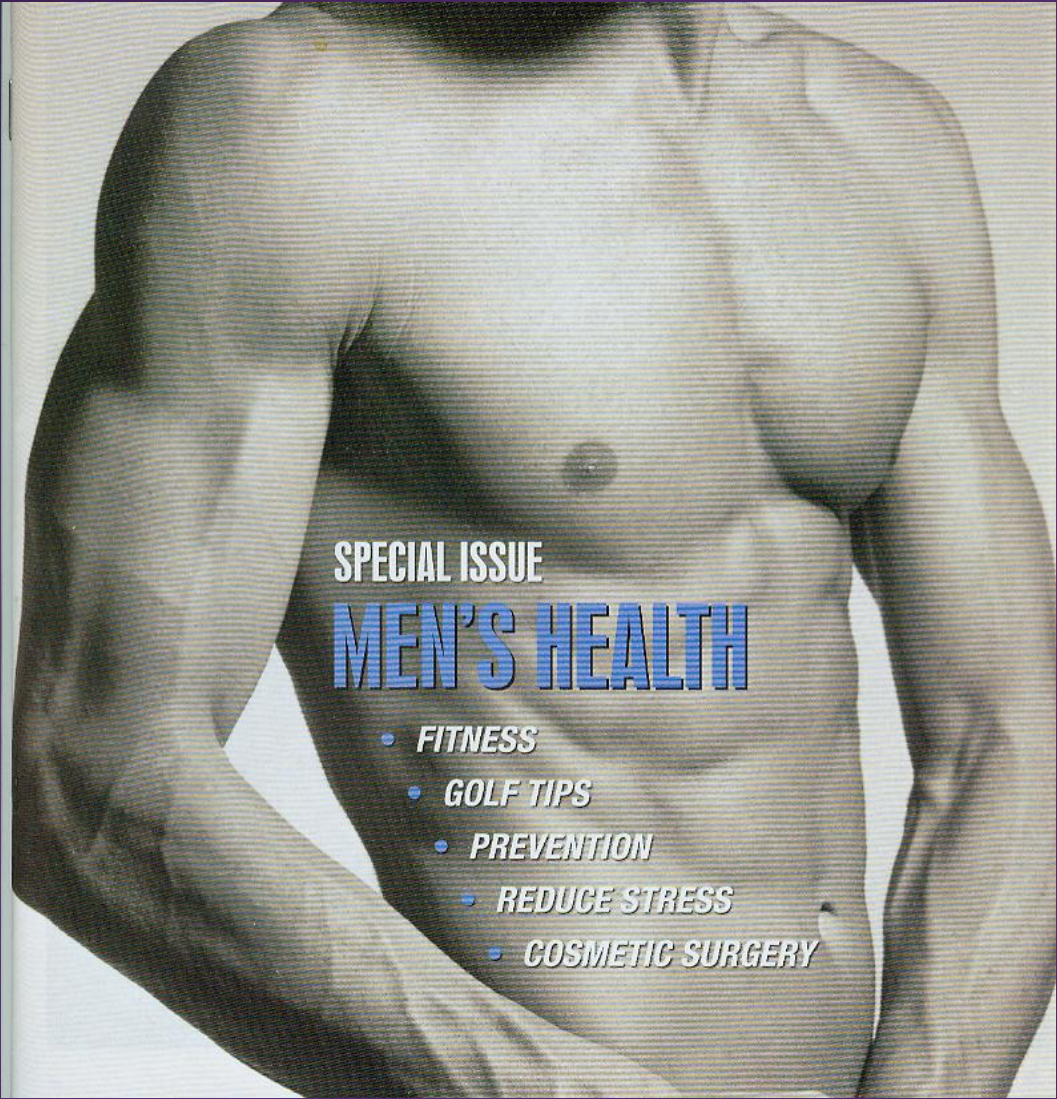
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Motivation
secrets of
successful
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p.162

Lift, Tighten, Tone!

Age-proof
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8 steps





SPECIAL ISSUE

MEN'S HEALTH

- *FITNESS*
- *GOLF TIPS*
- *PREVENTION*
- *REDUCE STRESS*
- *COSMETIC SURGERY*

The purpose of eating is to fuel your vibrant, full life!





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