BREAK FREE FROM FOOD OBSESSION: YOUR GUIDE TO INTUITIVE EATING!

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INTRODUCTION

UNDERSTANDING YOUR RELATIONSHIP TO FOOD

YOUR RELATIONSHIP WITH FOOD IS A LARGE COMPONENT OF YOUR RELATIONSHIP TO YOUR BODY. IT IS THE ACT OF HOW YOU NOURISH AND NURTURE YOUR BODY FOR IT TO THRIVE AT IT'S BEST.
INHERENTLY, YOUR BEHAVIOURS IN RELATION TO FOOD DETERMINE PART THERE OF YOUR THE PSYCHOLOGICAL MAKE UP OF YOUR BODY/SELF VIEW AND IS WHY HEALING YOUR RELATIONSHIP TO FOOD IS A PROMINENT COMPONENT OF MY TEACHINGS.

UNFORTUNATELY DIET CULTURE HAS PLANTED THE SEED IN MANY OF YOUR MINDS (MINE ONCE UPON A TIME TOO) THAT IN ORDER TO BE BEAUTIFUL, CONFIDENT, HEALTHY AND ATTRACTIVE, THAT WE MUST LOOK A CERTAIN WAY. THEREFORE DIET CULUTRE THEN SELLS YOU THEIR SOLUTION TO THIS BY SELLING THE IDEA THAT DIETING, TO CHANGE YOUR IMAGE TO LOOK LIKE THIS EVER CHANGING IDEAL THAT IS PLASTERED ON THE MEDIA, IS THE WAY TO GO ABOUT BEING BEAUTIFUL, CONFIDENT, HEALTHY AND ATTRACTIVE.

[INSERT LATEST FAD DIET CRAZE] THEN ENCOURAGES YOU TO CUT OUT A FOOD GROUP (THEY LIKE TO CHANGE THIS FROM TIME TO TIME WHETHER IT BE CARDS, FATS, SUGARS, FUN ETC) THEN STARTS THE EVER PRESENT DECLINE IN YOUR RELATIONSHIP TO FOOD.

THIS IS CAUSED BY THE CONSTANT STRESS OF EITHER STARVING FROM LACKING ENOUGH DAILY NUTRIENTS, BEING MOODY BECAUSE YOU DON'T ENJOY CUTTING OUT YOUR FAVOURITE FOODS OR SIMPLY BECAUSE FOLLOWING A STRICT DIET CAUSES A MENTAL OBSESSION AND WORRY AROUND YOUR BEHAVIOUR TO FOOD.

THIS THEN CAN CAUSE A FEAR OF FOOD, USING FOOD AS A COPING MECHANISM DUE TO UNSUPPORTIVE EATING BEHAVIOURS, PHYSICAL STRESS ON THE BODY OR ALL OF THE ABOVE.

NOW I AM NOT SAYING THIS HAPPENS EVERY TIME, BUT IT IS RARE THAT WHEN DIETING ONE OR ALL OF THESE FACTS BECOMES PRESENT, EVEN IF SLIGHTLY.

MY INTENTION OF THIS GUIDE IS TO BRING TO YOUR AWARENESS WHERE YOUR RELATIONSHIP WITH FOOD IS AT, HOW YOU CAN BREAK FREE FROM FOOD OBSESSION AND HOW YOU CAN SAY GOODBYE TO DIET CULTURE AND WELCOME IN AN INTUITIVE RELATIONSHIP TO FOOD THAT SUPPORTS A HEALTHY RELATIONSHIP WITH YOUR BODY.

UNDERSTANDING

FOOD OBSESSION

FOOD OBSESSION CAN RANGE FROM BEING A FOODIE AND LOVING ALL THINGS FOOD FROM EMBRACING THE FLAVOURS AND AROMAS AND HAVING A PASSION FOR COOKING, ALL THE WAY TO BEING SO OBSESSED IT CAUSES MENTAL HARM WHICH CAN LEAD TO EATING DISORDERS.

YES I UNDERSTAND THAT IS A BROAD SPECTRUM, BUT IN THIS GUIDE I WILL BE FOCUSING ON HOW DIET CULTURE HAS SPECIFICALLY ENCOURAGED FOOD OBSESSION ALONG WITH HOW IT HAS DISCOURAGED YOUR INTUITIVE RELATIONSHIP TO YOUR BODY AND HOW IT IS STOPPING YOU FROM NURTURING YOUR BODY.

IT WILL ALWAYS COME DOWN TO THE INTENTION BEHIND THE OBSESSION, THAT IS WHERE THE REALITY OF IT LAYS, THE MOTIVATION BEHIND THE ACTIONS/BEHAVIOURS.

SO LET'S START WITH WHERE DID THE LINE GET BLURRED? WHEN DID FOOD OBSESSION START TO BECOME HARMFUL TO OUR HEALTH AND RELATIONSHIP TO OUR BODY?

CUE DIET CULTURE.

I HAVE NO DOUBT THAT THE PERSON READING THIS RIGHT NOW HAS DIETED AT LEAST ONCE IN THEIR LIFETIME, NO MATTER THE REASON FOR DECIDING TO DO SO. THEREFORE YOU WILL UNDERSTAND THAT WHEN IT COMES TO BEING ON A DIET THEIR IS A FORM OF RESTRICTION REQUIRED, WHETHER THAT BE CUTTING OUT A SPECIFIC FOOD GROUP, THE AMOUNT OF CALORIES THAT YOU CONSUME OR BOTH.

UNDERSTANDING

FOOD OBSESSION

RESTRICTING FOOD IS WHAT REALLY CAUSES HARM, ESPECIALLY THE LONGER YOU STICK TO A DIET. OTHER BEHAVIORAL FACTORS CAN MAKE THINGS EVEN MORE EXTREME.

WHEN WE CUT BACK ON ESSENTIAL NUTRIENTS, GO TOO LOW ON CALORIES, OR DEPRIVE OURSELVES OF FOODS WE TRULY ENJOY, WE START TO FORM HABITS THAT AREN'T NECESSARILY SUPPORTIVE. ONE OF THE BIGGEST UNSUPPORTIVE HABITS I OFTEN SEE FROM DIETING IS A FEAR OF FOOD. THIS CAN SHOW UP AS AN OBSESSION WITH EVERY BITE, USUALLY IN THE PURSUIT OF WEIGHT LOSS. FOODS WE CUT OUT OF OUR DIETS GET DEMONIZED, AND WE START TO BELIEVE THEY'LL LEAD TO WEIGHT GAIN OR HURT OUR HEALTH.
EVEN IF STARTING A DIET FEELS INNOCENT, IT'S EASY TO SLIP INTO PATTERNS THAT CAUSE MORE HARM THAN GOOD.

ALONGSIDE FOOD FEARS, EMOTIONS ARE MAJOR PLAYERS IN OUR RELATIONSHIP WITH FOOD AND OUR BODIES. MAYBE YOU AVOID CERTAIN FOODS OUT OF FEAR OF WEIGHT GAIN, OR PERHAPS RESTRICTION LEADS YOU TO BINGE DUE TO CONSTANTLY FEELING UNDERFED. THIS CAN SPIRAL INTO EMOTIONAL EATING—WHETHER IT'S SELF-SABOTAGE OR SIMPLY AN ATTEMPT TO SOOTHE YOUR NERVOUS SYSTEM.

YOU AREN'T ALONE IF YOU JUST READ THE ABOVE AND REALISED THAT EVERY TIME YOU ATTEMPT TO DIET, IT LEADS TO SOME OR ALL OF THE ABOVE BEHAVIOURS... AND DON'T WORRY, THAT'S YOU AND NEARLY EVERYONE ELSE TOO.

I KNOW THE IDEA OF DITCHING DIETS ALTOGETHER MAY SEEM WILD, ESPECIALLY IF IT IS ALL THAT YOU'VE EVER KNOWN TO BE ABLE TO 'BE HEALTHY' AND 'BUILD BODY CONFIDENCE' BUT THERE IS A MORE SUPPORTIVE WAY, A MORE HOLISTIC APPROACH THAT NOT ONLY ALLOWS YOU TO HEAL YOUR RELATIONSHIP TO FOOD BUT ALSO AIDS YOUR BODY IMAGE AT THE SAME TIME BY BREAKING YOUR RELATIONSHIP TO DIET CULTURE.

INTRODUCING TO YOU.... INTUITIVE EATING.
AN APPROACH TO EATING THAT WILL TEACH YOU HOW TO LISTEN TO YOUR BODY, HOW TO UNDERSTAND YOUR DIGESTIVE CUES AND MOST IMPORTANTLY EAT IN NATURAL ALIGNMENT TO WHAT YOUR BODY WANTS, ENJOYS AND NEEDS.

INTRODUCING

INTUITIVE EATING

WHEN IT COMES TO OUR DAILY NUTRITION AND EATING HABITS, WE WANT TO BE ABLE TO ADOPT A HEALTHY ATTITUDE TOWARDS OUR FOOD AND OUR BODY. WE NEED TO FORGET THE FACT THAT DIET CULTURE AND THE FAD DIETS YOU ARE FED TO FOLLOW AREN'T AS SUPPORTIVE OR SUSTAINABLE FOR YOUR RELATIONSHIP WITH FOOD AS YOU THINK, ESPECIALLY NOW THAT YOU HAVE READ THIS GUIDE. THUS PROMOTING AN INTUITIVE APPROACH TOWARDS OUR DAILY EATING HABITS ALLOWS YOU TO STEP AWAY FROM THE UNSUPPORTIVE, UNSUSTAINABLE AND FEAR FED RELATIONSHIO TO FOOD.

BELOW ARE SEVERAL PRACTICES THAT YOU CAN IMPLEMENT INTO YOUR DAY TO BECOME IN TUNE WITH YOUR BODY AND CREATE AWARENESS AROUND YOUR EATING HABITS, HOW YOU'RE FEELING AND WHAT EMOTIONS ARISE AS WELL.

TO START WITH LET'S DIVE INTO UNDERSTANDING THE DIGESTION SIDE OF EATING AND HOW WE CAN START TO PAY ATTENTION TO HOW AND WHAT WE EAT EFFECTS OUR DIGESTIVE SYSTEM.

FULLNESS CUES

WE HAVE 3 TYPES OF FULLNESS CUES/SIGNALS WHEN IT COMES TO EATING:

- **PSYCHOLOGICAL -** THIS IS BY SIGHT, WHEN WE PHYSICALLY LOOK AT HOW MUCH IS ON OUR PLATE AND DETERMINE IF THERE IS TOO MUCH, ENOUGH, OR NOT ENOUGH.

- **PHYSIOLOGICAL -** THIS IS OUR STRETCH RECEPTORS IN OUR STOMACH, THIS SENDS A SIGNAL TO OUR BRAIN TO TELL US WE ARE FULL OUR STOMACH HAS STRETCHED TO IT'S CAPACITY.

- **BIOLOGICAL -** THE MENTAL CALORIE COUNT, THIS IS WHEN OUR GUT AND BRAIN UNDERSTAND THE AMOUNT OF CALORIES WE HAVE EATEN AFTER THEY ARE PASSED AND ABSORBED THROUGH OUR INTESTINAL WALLS.

INTRODUCING

INTUITIVE EATING

WHEN WE EAT, A FEW COMMON THINGS TEND TO HAPPEN. WE MIGHT EAT TOO FAST, WHICH CAN LEAVE US UNSATISFIED AND REACHING FOR SNACKS LATER. OR, WE MAY SERVE OURSELVES TOO MUCH, EITHER FINISHING IT OUT OF GUILT OR FEELING LIKE WE HAVE TO CLEAN OUR PLATES, EVEN IF WE'RE ALREADY FULL. SOMETIMES, WE EVEN RESTRICT OURSELVES TO TRY TO LOSE WEIGHT.

BY DINNER, THESE HABITS CATCH UP WITH US. WE EAT QUICKLY, BARELY TUNING IN TO OUR BODIES, AND END UP OVEREATING UNTIL WE FEEL SICK. BY PRACTICING A FEW MINDFUL TECHNIQUES, YOU CAN START LISTENING TO YOUR BODY MORE AND EATING INTUITIVELY FOR BETTER OVERALL HEALTH.

- **EAT SLOWER -** BY EATING SLOWLY, CHEWING YOUR FOOD COMPLETELY BEFORE SWALLOWING, ALLOWING YOURSELF TO TASTE EACH MOUTHFUL AND ENJOY WHAT YOU'RE EATING.

- **EAT WITHOUT DISTRACTION -** IN THIS DAY AND AGE WE NORMALISE EATING IN FRONT OF THE TV, EATING WHILST SCROLLING ON OUR PHONES WHICH DISTRACTS US AND WE END UP EATING TOO QUICKLY WITHOUT REALISING, SO LET'S GO BACK TO BASICS, PRACTISE BEING PRESENT AND ELIMINATE ALL DISTRACTIONS WHEN EATING SO THAT YOU CAN FOCUS ON THE MEAL ITSELF. TRY EATING AT LEAST 1X MEAL OUTSIDE EACH DAY, WHERE YOU CAN BE DISTRACTION FREE AND GET SOME VITAMIN D.

- **DON'T OVERLOAD YOUR PLATE -** SERVE ENOUGH TO SATISFY, NOT INDULGE. I WILL TALK MORE ABOUT A BALANCED PLATE FURTHER DOWN.

UNDERSTANDING

MINDFUL EATING

OFTEN YOU'LL CATCH YOURSELF OR HEAR THE SAYINGS 'I ATE BECAUSE I WAS BORED' OR 'I DON'T EVEN KNOW WHY I'M EATING THIS' AND THE MOST COMMON 'I'M EATING TO MAKE MYSELF FEEL BETTER' (EMOTIONAL EATING HABITS/BEHAVIOURS) THESE ARE GREAT EXAMPLES OF EMOTIONAL/MINDLESS EATING. THIS IS THE KIND OF BEHAVIOUR THAT LEADS US TO UNSUPPORTIVE HABITS THAT DO NOT ALIGN WITH OUR GOALS. IN ORDER TO GET TO KNOW YOURSELF MORE, TO UNDERSTAND THE REASONS WHY WE EAT (OTHER THAN THE OBVIOUS THAT YOU ARE HUNGRY) AND TO GAIN INSIGHT ON HOW WE CAN CONTROL OUR EATING AND EAT INTUITIVELY, SO THE NEXT TIME YOU GO TO EAT I WANT YOU TO ASK YOURSELF THESE QUESTIONS.

- AM I HUNGRY?
- DO I NEED NURTURING OR NOURISHING? (I.E. AM I EATING TO MAKE MYSELF FEEL BETTER/TREAT WHEN EMOTIONAL OR AM I ACTUALLY HUNGRY?)
- HOW WILL I FEEL AFTER I EAT THIS?
- HOW WILL I FEEL IF I DON'T EAT THIS?

THERE ARE A FEW POSITIVES WHEN IT COMES TO ASKING YOURSELF THESE FEW QUESTIONS. NOT ONLY ARE YOU ABLE TO GAIN MORE OF AN INSIGHT ABOUT YOUR SELF AWARENESS BUT TO ALSO IDENTIFY IF YOUR EATING HABITS ARE LINKED TO EMOTION AND WHY IT IS THAT YOU HAVE THIS BEHAVIOURAL HABIT.

UNDERSTANDING

MINDFUL EATING

IT IS A VERY COMMON HABIT THAT PEOPLE TEND TO EAT TO 'MAKE THEMSELVES FEEL BETTER', SO BY ASKING YOURSELF THESE QUESTIONS YOU CAN REALLY START TO DEVELOP AND STRONG SENSE OF AWARENESS AND TO BUILD NEW, STRONG HABITS THAT SUPPORT THOSE EMOTIONS THAT ARE COMING UP FOR YOU.

FOR EXAMPLE LET'S SAY I HAD A CLIENT, LET'S NAME HER WENDY, NOW WENDY RECENTLY TOLD ME SHE WENT AND ATE A WHOLE BLOCK OF CHOCOLATE TO HERSELF (NOT THE WORST THING IN THE WORLD BUT JUST AN EXAMPLE). WENDY PROCEEDED TO TELL ME SHE DID THIS AS A WAY OF MAKING HERSELF FEEL BETTER AFTER A LONG STRESSFUL WEEK IN HER CORPORATE JOB MAKING TOUGH DECISIONS.

SO INSTEAD OF ASKING HERSELF THE ABOVE QUESTIONS IN ORDER TO INVESTIGATE MORE TO UNDERSTAND WHY SHE CRAVED A WHOLE BLOCK OF CHOCOLATE, SHE WENT AND USED FOOD TO FULFIL THESE NEEDS OF WANTING TO FEEL GOOD AGAIN AND REDUCE HER STRESS HOWEVER BY DOING SO, MADE HER FEEL EXTREMELY GUILTY FOR HER ACTIONS.

WHEREAS, IF WENDY WAS TO TAKE A MOMENT TO HERSELF, CATCH THAT FEELING OF WANTING TO FEED HER EMOTIONS FOOD (THIS TAKES PRACTICE BY THE WAY TO SLOW DOWN AND MAKE SLOWER CONSCIOUS DECISIONS INSTEAD OF UNCONSCIOUS AUTOMATIC ONES), AND ASK HERSELF THOSE ABOVE QUESTIONS, THE OUTCOME COULD HAVE BEEN COMPLETELY DIFFERENT. FOR INSTANCE WENDY COULD HAVE ASKED HERSELF THESE QUESTIONS AND BE ABLE TO RECOGNISE THAT SHE NEEDED ANOTHER FORM OF SELF LOVE THAT DIDN'T LOOK LIKE FOOD. IN WHICH SHE DECIDED TO RUN A HOT BATH AND READ HER FAVOURITE BOOK/MAGAZINE WHILST SOAKING AND RELAXING TO DECREASE HER STRESS.

I'M NOT SAYING THIS APPLIES 100% OF THE TIME. WE NEED BALANCE IN OUR NUTRITION TO LIVE FULLY ON OUR OWN TERMS. MY GOAL IS TO HELP YOU DISTINGUISH BETWEEN SELF-SABOTAGING BEHAVIORS AND TRUE SELF-AWARENESS. THIS HELPS YOU SEE HOW LIFE'S STRESSES CAN SHAPE EATING PATTERNS THAT MAY NOT ALIGN WITH YOUR GOALS.

WHAT ARE..

HIGH SATIETY FOODS

FOODS TO MAKE YOU FEEL FULLER FOR LONGER (HIGH SATIETY)
EVER FINISHED A MEAL AND THOUGHT 'THAT DIDN'T SATISFY ME ONE BIT' AND LEADS TO GO ON AND OVER CONSUME A WHOLE LOT MORE FOOD? ONE OF THE REASONS WHY IS DUE TO THE DIFFERENCE BETWEEN LOW AND HIGH SATIETY FOODS.

WHEN CONSUMING HIGH SATIETY FOODS THIS CAN BE BENEFICIAL AND SOMETIMES NON BENEFICIAL, SO FIRST LET'S LOOK AT HOW THIS CAN HELP US. SATIETY IS THE TERM USED TO DESCRIBE THE FEELING OF FULLNESS AND LOSS OFF APPETITE (SATISFIED) THAT HAPPENS AFTER EATING. IF WE CONSUME MORE HIGH SATIETY LEVEL FOODS THEN WE ARE GOING TO FEEL SATISFIED AND FULL AFTER EATING, IN WHICH USUALLY DON'T CONTAIN A SUPER HIGH AMOUNT OF CALORIES, WHICH ALLOWS US TO CONTROL THE AMOUNT OF FOOD WE EAT, THIS THEN STRENGTHENS OUR RELATIONSHIP WITH FOOD AS WE PRACTISE TO EAT TO SATISFY, NOT EAT TO TREAT/GAUGE. THIS COMES INTO RELATION WITH BEING AWARE OF OUR HUNGER CUES AS WELL AS THE MINDFUL EATING AND FULLNESS CUES I MENTIONED ABOVE.

BY CONSUMING HIGH SATIETY LEVEL FOODS, FOR THOSE IN A CALORIE DEFICIT, THIS CAN HELP YOU TO FEEL FULL FOR LONGER AND SATISFY YOUR HUNGER, BENEFICIAL FOR THOSE WANTING TO PROVIDE THEMSELVES BY RECEIVING THE MOST BENEFITS OUT OF THEIR FOOD FOR THE DAY IF THEY STRUGGLE WITH BEHAVIOURS SUCH AS OVER-EATING/POOR PORTION CONTROL AND BINGE EATING HABITS. HOWEVER, I MUST ADD, THERE CAN BE NON BENEFICIAL SIDES TO HIGH SATIETY FOOD CONSUMPTION. THIS WOULD COME INTO PLAY WITH INDIVIDUALS WHO STRUGGLE TO GET ENOUGH FOOD INTO THEIR DAY AS WELL AS THOSE WITH A POOR RELATIONSHIP WITH FOOD WHO GENERALLY STICK TO LOW SATIETY/LOW CALORIE FOODS THAT DON'T FUEL THEM ENOUGH, SO FOODS OF A HIGHER CALORIC AMOUNT/HIGHER IN VOLUME WILL MORE THAN SUFFICE FOR THE INDIVIDUAL.

HERE IS A LIST BELOW OF SOME HIGH SATIETY FOODS. ***KEEP IN MIND THESE FOODS I MENTION ARE BASED ON A SPECIFIC WAY TO COOK THEM, RESEARCH SHOWS THAT THE SAME FOODS COOKED DIFFERENT WAYS I.E. HOT CHIPS COMPARED TO BOILED POTATOES, CAN ALTER THEIR SATIETY LEVEL.***

- BOILED POTATOES
- EGGS
- OATS
- FISH
- MEAT
- GREEK YOGHURT/COTTAGE CHEESE
- VEGETABLES
- LEGUMES
- QUINOA
- NUTS
- POPCORN (DUE TO VOLUME AND FIBRE CONTENT CAN BE MORE FILLING THAN CHIPS/CHOCOLATE)

UNDERSTANDING

HOW TO KEEP A BALANCED PLATE

ANOTHER TYPE OF BALANCE IS HOW TO BALANCE YOUR PLATE. THIS CAN BE FOR THOSE TRANSITIONING FROM TRACKING MACROS AND CALORIES/FOLOOWING DIETS FOR YEARS INTO A MORE RELAXED INTUITIVE EATING STYLE. IT IS A GREAT SIMPLE WAY TO BE CONSCIOUS AND STEP AWAY FROM DIET CULTURE.

- **CHOOSE YOUR PROTEIN**, THIS CAN BE ANIMAL OR PLANT BASED, WHATEVER YOU'D PREFER, AS THIS IS FOR OUR STRONG MUSCLES!
- **CHOOSE YOUR MICRONUTRIENTS**, THESE ARE YOUR MINERALS AND VITAMINS THAT COME FROM YOUR VEGETABLES AND FRUITS.
- **CHOOSE YOUR FATS**, THE GOOD ESSENTIAL FATTY ACIDS THAT BENEFIT YOUR HORMONES AS WELL AID IN ABSORPTION OF NUTRIENTS.
- **CHOOSE YOUR CARB COMPONENT**, SUCH AS WHEAT, GRAINS AND STARCHY VEGETABLES, AS WELL AS YOUR FRUITS/SUGARS.

IT IS PARAMOUNT THAT WE GET ENOUGH OF EACH MACRONUTRIENT (PROTEIN, FATS AND CARBS) IN OUR DIET TO NOT ONLY AID OUR INTERNAL FUNCTION BUT TO FEEL OUR OPTIMAL BEST EACH AND EVERY DAY!

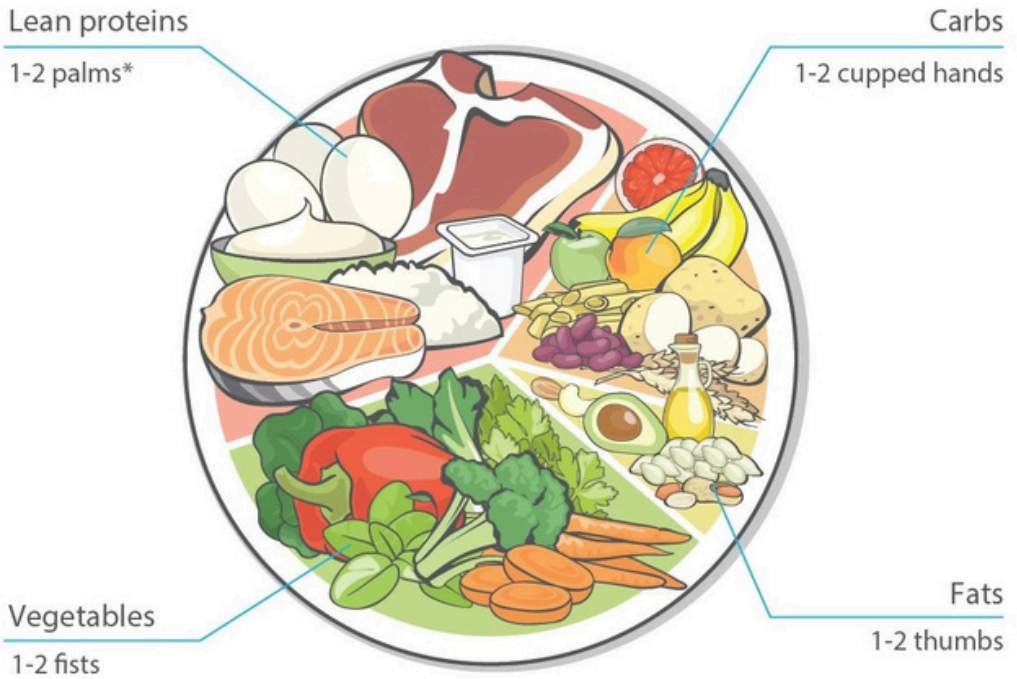
BY FOLLOWING A BALANCED AND INTUITIVE APPROACH TO CREATING YOUR MEALS YOU START TO BOOST YOUR CONFIDENCE IN REGARDS TO YOUR RELATIONSHIP TO FOOD WITHOUT HAVING TO DIET.

UNDERSTANDING

HOW TO KEEP A BALANCED PLATE

THIS GOES FOR MEALS AS WELL AS SNACKS. SNACKS THAT ARE HIGHER IN CARBS ARE GREAT SOURCES OF ENERGY, ESPECIALLY IF YOU NEED SOMETHING ON THE GO WHETHER THIS BE BEFORE A WORKOUT OR GOING FOR A WALK. AS WELL, SNACKS THAT ARE HIGHER IN PROTEIN ARE MORE LIKELY TO KEEP YOU MORE SATIATED (FEELING FULLER FOR LONGER) IN ORDER TO REDUCE YOUR SNACKING FREQUENCY, ESPECIALLY IF YOU ARE A BUSY WOMAN ON THE GO!

LET THE ABOVE INFORMATION SINK IN AND ALLOW YOURSELF TO TAKE THE TIME TO SLOW DOWN MORE WHEN IT COMES TO EATING, BE AWARE OF YOURSELF AND YOUR HABITS AND HOW YOU FEEL WHEN IT COMES TO EATING. THE MORE SELF AWARE YOU ARE THE MORE YOU CAN TAKE CONTROL OF YOUR LIFE TO LIVE ON YOUR OWN TERMS AND HEAL YOUR RELATIONSHIP WITH FOOD.



LET'S CONNECT

WANT TO WORK WITH ME?

IF YOU DEEPLY RESONATED WITH THIS GUIDE AND RECOGNISE THAT YOUR RELATIONSHIP WITH FOOD IS DEEPLY AFFECTING YOUR RELATIONSHIP TO YOUR BODY AND WISH TO WORK CLOSER WITH ME TO HEAL YOUR BODY IMAGE THEN YOU CAN REGISTER FOR MY **NEW FREE TRAINING.**

IN THE FREE TRAINING I TEACH YOU YOU HOW TO HAVE AND LOVE YOUR DREAM BODY WITHOUT THE BULLSH*T BY USING THE POWERFUL WOMAN METHOD SO YOU CAN CREATE UNSHAKABLE BODY CONFIDENCE FOR GOOD **WITHOUT DIETING.**

THIS IS THE REALITY CHECK YOU NEVER KNEW YOU NEEDED.

I SHARE WITH YOU THE 3 CORE PILLARS TO MY METHOD:

PILLAR 1 - THE 3 RELATIONSHIPS I HAD TO HEAL IN ORDER TO REVITALIZE MY PHYSICAL AND EMOTIONAL HEALTH.

PILLAR 2 - HOW TO CREATE EMOTIONAL BALANCE WITH 3 KEY STEPS THAT YOU CAN USE ON REPEAT TO SKYROCKET YOUR BODY CONFIDENCE.

PILLAR 3 - MY EXACT METHOD FOR CREATING SELF ACCEPTANCE AND RELEASING YOUR FEAR OF JUDGMENT SO THAT YOU CAN FALL BACK IN LOVE WITH YOUR BODY.

IF YOU ARE CURRENTLY DREAMING OF FEELING CONFIDENT AND COMFORTABLE IN YOUR BODY, ACHING TO LOOK IN THE MIRROR AND FINALLY LOVE WHAT YOU SEE, THAT DOESN'T REQUIRE YOU TO...

- GO ON ANOTHER FAD DIET
- EXHAUST YOURSELF WITH COPIOUS AMOUNTS OF EXERCISE
- RESTRICT YOUR FAVOURITE FOODS
- MISS OUT ON SOCIAL EVENTS OUT OF FEAR
- OBSESS OVER YOUR WEIGHT AND LOOKS

AND THAT ALLOWS YOU TO LEARN HOW TO ACCEPT YOUR BODY AS IS, DITCHING THE INCESSANT NEED TO CHANGE YOUR BODY IN ORDER TO FEEL GOOD ENOUGH...

THEN MY FREE TRAINING IS JUST FOR YOU!

LET'S CONNECT

WANT TO WORK WITH ME?

ACCESS MY FREE TRAINING 👇

*** CLICK BELOW ***

DESIGNED FOR WOMEN WHO WANT TO FALL IN LOVE WITH THEIR BODY, TO LEARN HOW TO PRIORITISE HERSELF AND WELL-BEING TO REGAIN HER BODY AND SELF CONFIDENCE!

SAY BON VOYAGE TO SELF CONSCIOUSNESS AND SAY HELLO TO LOVING ALL OF YOU.