

HEALTHYBYDESIGNRD.COM



Peace with
FOOD & SOUL

*A STEP-BY-STEP PROCESS FOR YOU TO GAIN FOOD
AND BODY FREEDOM*

ROADMAP

FROM DEFEATED DIETER TO EMPOWERED EATER

You're going to discover as you review the roadmap that I don't approach things like other dietitians or nutritionists - what you will see is that dieting, restricting food, and "trying to lose weight" is a broken strategy that is keeping you stuck, depressed, and defeated.

But you know what? Don't take my word for it -- read on to see for yourself!

Vibrant health has little to do with WHAT or HOW MUCH you eat

You are going to realize that feeling happy and comfortable in your body, while experiencing true vibrant health has nothing to do with WHAT or HOW MUCH you eat or how much you exercise...

In fact, it's the opposite!

Everything you have heard about what it takes to be healthy and empowered in your body, such as "you must eat less and exercise more" is ALL wrong and is actually keeping you TRAPPED. It's a product of what I call, "diet culture" and this strategy of dieting, counting points, following a nutrition plan, is actually taking you down a path of destruction as it pertains to your physical AND mental/emotional health.

So, let me ask you...

Do you feel overwhelmed by what to eat? Disgusted by the reflection in the mirror? Feeling DONE with doing yet another diet plan or restricting foods?

You're exhausted, you feel overwhelmed and stressed by it all - you are so over diets but you have not existed any other way so it feels scary to consider something else...

And on some level, you might even be afraid to let go of dieting and the struggle because it's protected you all these years... If you let go of the calorie counting, what would happen to the scale?! Right?

FROM DEFEATED DIETER TO EMPOWERED EATER

From Defeated Dieter to Empowered Eater: My Story

BUT, what if there was a simple way to tackle those hurdles with ease and step out of the role of Defeated Dieter and into the role of Empowered Eater - a woman who naturally knows WHAT to eat for her unique body, self-regulates her food intake (without counting) and loves the skin she is in...

You see, I was in your shoes a little over ten years ago.

As a young dietitian, after studying nutrition, metabolism, and health for 5+ years... I found myself at odds with my body.

After years of restricting then binging and then over-exercising to compensate, I discovered my body to be the most unhealthy it had ever been. The scale told me a truth I didn't want to hear, my energy levels were tanked, and I was even losing my hair at the age of 24!

All that nutrition education and conditioning about HOW and WHAT to do to stay in a smaller body was working against me. I couldn't help myself and felt like a fraud thinking I could help others.

After years of trying all the "healthy diets" under the guise of practicing what I preach... I hit rock bottom.

I was struggling with food and at WAR with my body.

It wasn't until I took a completely different approach that everything changed.

And I've been able to maintain the best health of my life for over a decade now, stabilize my body at a size that's right for me, and step into my purpose in this world... helping women just like you.

Keep reading to find out how!

FROM DEFEATED DIETER TO EMPOWERED EATER

Dieting dilemma



Go from week to week with no clear view of how to eat well for your body and just keep jumping from diet to diet



Weight yo-yo, food obsession, anxious or depressed



Peace with
FOOD & SOUL METHOD



3 Steps/Keys



Complete liberation with food and body knowing exactly what to eat moment to moment while stepping into vibrant health



**Food & Body
Freedom
Self-Regulation
Confidence
Self-Trust**

FROM DEFEATED DIETER TO EMPOWERED EATER

The reality is this...

You're a smart woman with a lot of knowledge about WHAT to eat, but if food & body dissatisfaction thoughts are taking rent in your brain, you've hit rock bottom with diets, and/or you consider yourself an emotional or unconscious eater, you may be a Defeated Dieter.

I get it! As I mentioned, I used to be in your shoes... obsessed with the scale, eating "right", all while doing yo-yo with my weight and feeling disgusted with the image in the mirror.

If you're like most women I talk to, you can only dream of what it would look like to feel confident and empowered with food and in deep trust with your body and what it needs to thrive. Where you get to live a life of PEACE and joy because you are an empowered eater who accepts and loves the skin you're in.

But get ready for some tough love...

You can keep doing what you're doing...

Jumping from diet to diet, feeling hopeful then, ultimately, defeated with food.

And you can continue looking at pictures of yourself and criticizing every inch for the rest of your life which steals your joy.

If you choose to stay on this path, there will be a cost? Just imagine... where will you be at this time NEXT year if you don't take steps to change this so you can feel more freedom & confidence?

Unfortunately, you won't be in the same place as you are right now reading this...

You'll be worse off because another year of your life will have passed you by and that negative self-talk will still be at the top of your mind. For an entire year, you will miss out on the food and body freedom you were meant for.

FROM DEFEATED DIETER TO EMPOWERED EATER

But, it doesn't have to be this way!

Your new reality can exceed what's possible in your wildest dreams by getting a handle on your relationship with food and body and literally reprogramming your brain to become an empowered eater in 6 months or less.

You'll be able to spend your time in a deeper presence with family and friends, living a life full of joy and freedom without thoughts of food and body dissatisfaction filling your days.

No more eating something because someone told you it was "healthy" but tuning into your unique body to make the right choices.

You're peaceful, calm, emPOWERED. Finally FREE of the chains of diet culture...

And this is all because you implemented the Peace with Food & Soul Method.

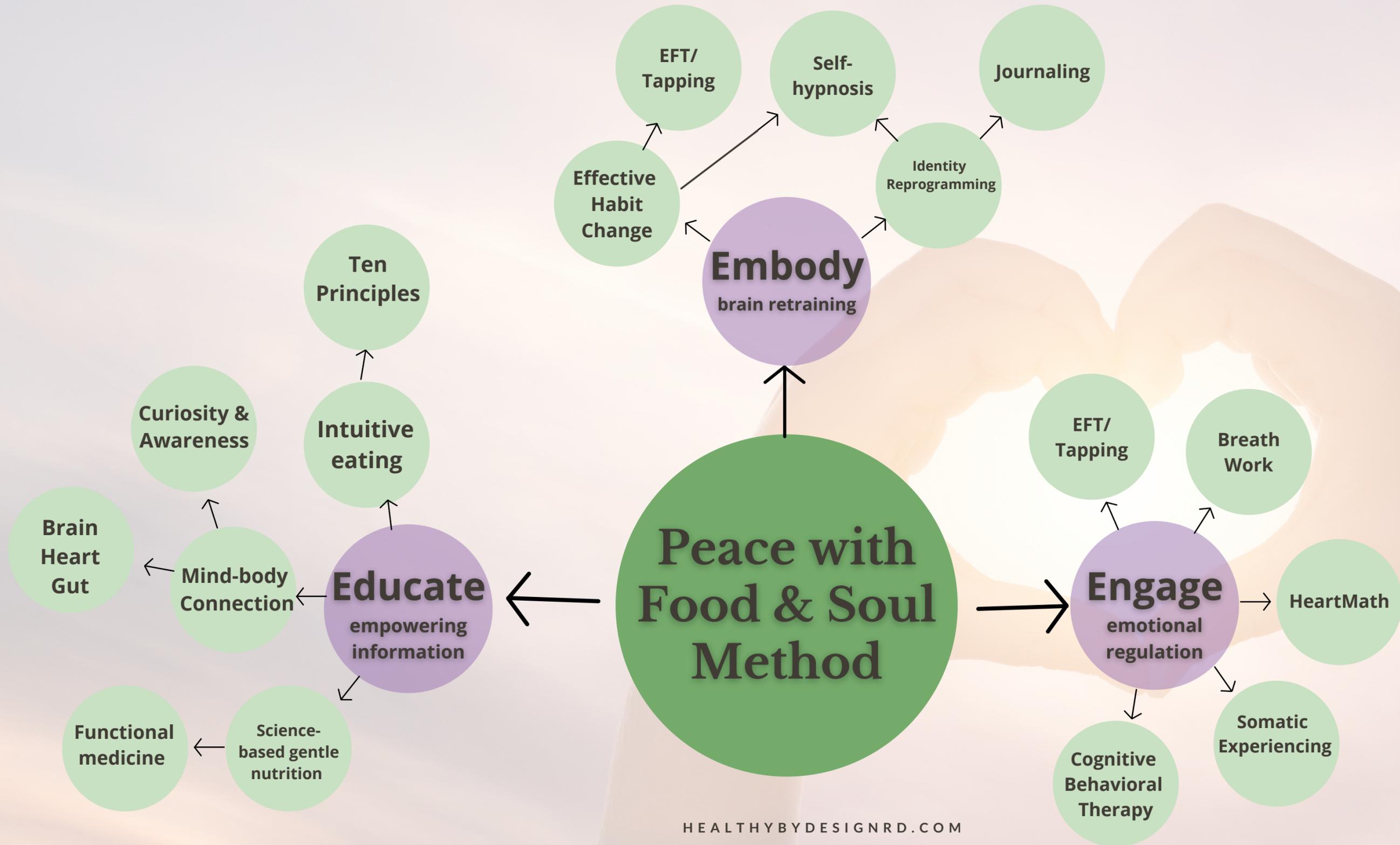
Three Keys to open your life to peace and empowerment... not only with food and body, but with all aspects of your life! The choice is in your hands.

You can continue to live by circumstance and accept the fate of hating your body and never knowing how to eat, or you can become the Empowered Eater who loves the skin she is in.

So, are you done restricting, counting, and obsessing?

Are you ready to learn the Three Keys of Peace with Food and Soul that will show you exactly how to become the Empowered Eater?

Let's dive into your Roadmap! I'll show you exactly what you must consider for your ultimate success and results.



3 KEYS TO BECOMING AN EMPOWERED EATER

1. Educate - Whether you are familiar with intuitive eating or not, it is a critical key to becoming an empowered eater. As I mentioned, I am not like other dietitians or nutritionists teaching intuitive eating and bring in my background in functional medicine, women's health, eating psychology, and mind-body to explode your understanding of what it looks like to be EMpowered with food and body. This framework is NOT to justify eating junk food or condone living in an unhealthy state, but experience true food & body freedom while accessing the healthiest version of yourself.

Intuitive eating

Mind-body education

Science-based gentle nutrition

2. Embody - Unlike anything you've ever harnessed before, the second key to empowered eating lies in the reprogramming of your brain. Many women fail to apply the knowledge they discover in Key #1 because their brain was wired for dieting and body image dissatisfaction from an extremely young age - it's literally so ingrained that it's unconscious, meaning most women don't even know it's an obstacle. I know there are subconscious brain patterns that need to be interrupted when I hear phrases like "I love the concept of key #1 but I just can't seem to make it "stick" or I want to go back to dieting no matter what I do" or "I love the freedom but I still want a smaller body." This is all brain-based, and no other nutritionists are teaching this.

Identity Reprogramming

Effective Habit Change

3. Engage - The third key is all about learning how to regulate your emotions with more ease. Life is going to "life" on you and me whether we like it or not, and having the skills to approach these difficult moments with tools that help us cope become vital to sticking with the process of becoming an EMpowered eater. While some of the intuitive eating and psychology of eating curriculum from Key #1 will support emotions, we take it to the next level with tools you've never explored such as HeartMath, Somatic Experiencing, Emotional Freedom Technique (EFT), and more...

Cognitive Behavioral Therapy

Breath Work

EFT/Tapping

HeartMath

Somatic Experiencing

READY TO END THE MADNESS?

At this point, you are likely thinking... Is this process right for me?

The best way to determine if this system is a good fit for you is by applying for and setting up a FREE consultation with the Healthy By Design team. We will ask you a series of questions to help both of us decide if this unique system can actually help you in your unique situation.

We stand in integrity and will only invite you to take the next steps and join our Peace with Food & Soul program IF we think you'll benefit and get great results. In other words, we are not on the call to sell you, we are only available to SERVE you. In other words, you have NOTHING to lose and everything to gain by applying for and booking a call...

Here are your options... You can continue to feel defeated with food and body.

OR,

Take a step forward and book this life-changing call with our team!

What will you choose?

APPLY NOW!