



Peace with
FOOD & SOUL

Beth Busham

THE COACHING TEAM

About Beth



Beth is a transformational food and body freedom coach who supports women looking to make peace with food and support their relationship with their bodies.

With over 16 years of experience as a Registered and Licensed Dietitian Nutritionist with additional training in Functional Medicine, subconscious reprogramming, women's health and yoga, she blends together the best of evidence-based nutrition practices, spirituality, self-development, and mindfulness.

Around 2010, Beth started to struggle with her own health and was unable to find the answers within her conventional training as a dietitian. No matter how hard she tried to be healthy, she found herself exhausted and gaining weight despite a vigorous exercise routine and cutting calories. Her struggles and search for answers led to the creation of her signature program, Peace with Food & Soul.

Unlike any other system out there, Peace with Food & Soul combines the pillars of intuitive & mindful eating with subconscious reprogramming and nervous system rebalancing for a WHOLE body approach that lasts. She intends that every client she works with breaks free of diets FOREVER and cultivate self-love and self-worth like they have never experienced before.

BETH BASHAM MS, RD, LD

*FOUNDER AND CREATOR OF
PEACE WITH FOOD AND SOUL*

About Tammy



TAMMY LANTZ RD, LD

*INTUITIVE EATING COACH,
REGISTERED DIETITIAN AND
AUTHOR*

Tammy Lantz is a Registered & Florida Licensed Dietitian, the founder of Your Essential Dietitian, and most importantly the mom of 2 amazing children and a wife of more than 20 years. She is passionate about providing women with encouragement and personalized support to change the way they love and nurture themselves. She believes that when women are empowered to change their mindsets surrounding food, they are able to positively impact every aspect of their life. And it all begins with making small choices.

Tammy has a passion for wholesome nutrition which includes the adage that “there is no good food and no bad food, just choices”. After being a dietitian for almost 20 years, working in several backgrounds, and receiving too many reminders on how short life can be, she herself experienced her own health difficulties. Through these personal challenges, her passion for the medicinal power of food combined with her mindset was strengthened even more.

Tammy infuses the combined power of functional nutrition, intuitive eating, mindfulness, and transformational coaching to elevate her clients to their fullest potential with food, body, and life!

About Aparna



Aparna is a Certified Nutrition Specialist (CNS) with a master's degree in Nutrition and Functional Medicine. She is a researcher and educationist with a deep understanding of mind-body connection and combines both the science and art of healing in her work. Aparna is trained in Reiki and Emotional Freedom Techniques (EFT) and finds them valuable tools for achieving lasting wellness. In addition, she combines various energy healing modalities in her work. These include visualization, meridian healing, and yogic breathing.

Aparna's initial entry into energy therapies started as a skeptic. But when western medicine did not provide her answer for intense vertigo for three years, she turned to the esoteric which provided immediate and lasting relief. She realized that success was possible when a technique could be practiced not only consistently but also effortlessly. The search for creating a self-help tool that could be integrated into daily life led her to Gary Craig, the found of Emotional Freedom Techniques (EFT) in 2007.


EFT combines tapping on the traditional Chinese meridian points with neurolinguistic programming, allowing people to reframe and reimagine a better, more fulfilling life. The technique is easy to learn, safe, and can be practiced comfortably anywhere and at any time. As a result, people may find relief from physical pain and emotional issues such as anger, self-sabotage, grief, confusion, or indecision. Further, it can be used to create healthy habits that are typically not achieved because of emotional baggage, and therein lies EFT's greatest gift – the ability to self-heal through small achievable changes.

Aparna joined Beth's team in 2021 and has offered a beautiful perspective into healing for those participating in Peace with Food & Soul using all of her talents.

APARNA NATARAJAN, MS, CNS

CERTIFIED NUTRITION SPECIALIST,
EMOTIONAL FREEDOM TECHNIQUE
TRAINER

STILL NOT CONVINCED? RESULTS MATTERS!


 Yes, I am finding that I have been eating less but enjoying the taste of food much more. I had to work at this. At first I was shocked to see how fast I was eating. It was a habit I guess with having 3 busy kids. Now I go through the breathing and try to eat slowing tasting each bite. It has really helped my indigestion.

I am starting module 5 and I am very excited for what I will be learning next.


Love · Reply · 3d



2

 **Beth Danowsky Basham Dawn Kiss** I was also amazed by how slowing down could change so much! It makes me happy to know your digestion has improved too!

Like · Reply · 3d · Edited

 Girl! I gotta tell you how much I appreciate you sharing your experience and knowledge. I have 3 kids, work full-time, bake as a side hustle (and mostly for fun) workout at least 5 times a week and constantly count protein/fat/carbs BUT I'm still not happy with my body. This week, I've listened to you and I've applied what you've taught and I feel freaking amazing!! The scale is going down, I feel satiated after each meal.


One thing I will continue to work on is looking at myself in the mirror during a workout. I've always had a negative self image and I am anxious to turn that around.

From the bottom of my heart, THANK YOU FOR BEING YOU! 🙏🏻

Love · Reply · 16h · Edited




4

 As I near the end of the course, I honestly believe EVERY woman would benefit from Peace with Food & Soul. It gently, yet powerfully transforms, affording an opportunity for the inner goddess to emerge from the shadows. The transformation happens so naturally as you make the journey of discovery! Thank you Beth 💜

Like · Reply · 4h

 **Beth Danowsky Basham** Thank you ! You have been a dedicated and incredible student! Our inner goddess is always there... sometimes we just need a nudge to reveal it! ❤️


Like · Reply · 3h

 I have! I struggle with PCOS and major anxiety issues (I have also had lots of experience with crash diets) and my experience with Beth and this group has been a game changer. However, this journey has become about so much more than losing weight. For the first time in my life I feel like I'm getting to the bottom of so many issues I have struggled with which affect my relationship with food. Weight loss is a total by-product of everything I'm learning as the focus of this group is to develop a deep sense of self love and appreciation and to focus on learning about and listening to your inner nutritionist. I'm a happier person and more at peace now than I have ever been! I highly suggest working with Beth one on one and/or signing up for one of her courses!

Like · Reply · 1d · Edited



1

 recommends **Healthy By Design RD.**


December 26, 2019 · 🌐



I have worked with Beth for years and in a few different settings. Every since I have known her, she is one of the most genuine, good-hearted, well meaning people I have ever met. When I personally was going through some health difficulties, she was at the top of list to reach out to for ideas on bettering my health. Not only just because of her vast knowledge base which is holistic minded and includes more than just nutrition, but also because of her loving, compassionate, gentle ways of providing information and support. She is someone who truly wants the best for the WHOLE you and is someone you can entrust your care with.

📍 Healthy By Design RD


1 Comment

 3:03
I don't need willpower now! You've given me new behavior and habits that work so much better!

Love · Reply · 2h



1

 39:42
It's true! Then I signed up and did the whole course! 💜

Love · Reply · 2h



2

STILL NOT CONVINCED? RESULTS MATTERS!

 Beth's courses are so good! She gets to the real reasons you aren't losing weight and teaches you how to be healthy for the rest of your life! Definitely worth it! ❤️

Love · Reply · Message · 2h ❤️ 1

 **Healthy By Design RD**    love you sister! ❤️ 1


Like · Reply
· Commented on by Beth Danowsky Basham [?]
· 2h

 recommends Healthy By Design RD. December 4, 2019 · 🌐 🗨️ ...

I've been struggling with caring about cooking or even eating for that matter. Trips to the grocery were horrible and everything around cooking and food felt like it was such a chore. After working with Beth, I started finding more joy in food choices, shopping and even became a little more excited about being present with my food and my meals. I no longer feel the dread of the grocery and we are naturally eating healthier tastier food. I am so grateful for how easy it is to work with Beth and how supportive and understanding she is.

 Healthy By Design RD 1 Comment

 Love  Comment  Share  Message 

 1:00:23 AMAZING . . . of course, interesting and powerful information. Pure Empowerment 😊 thank you Beth! ❤️ 1

Love · Reply · 3h

 **Jeanne Handley** you will love this program. Like everything else, you do need to do the homework. It amazed me at how so much of the teachings really stick. I find myself doing the right things without even thinking about it. Good luck, Beth is AMAZING!! 👍 1

Like · Reply · 4h

 recommends Healthy By Design RD. December 9, 2019 · 🌐 🗨️ ...

Beth is knowledgeable, caring and passionate about helping her clients. I love that her approach is to work closely with clients to help them find balance in not only nutrition but their lives as a whole. I would highly recommend Beth!

 Healthy By Design RD 1 Comment

 Love  Comment  Share  Message 





 I AM hypoglycemic and like a diabetic I have to make sure my blood sugar doesn't drop. **Beth Danowsky Basham** mentioned once in a post that hunger isn't always a "hunger pang" but can feel like weakness, the inability to concentrate in addition to feeling "light headed or foggy." (My summary vs her exact words) I had know I was hypoglycemic but reading this allowed me to honor ANY OF THOSE BODY SIGNALS THAT I NEEDED NOURISHMENT or water or rest. The media praises fasting, restrictions, "holy eating" and suffering for health and body etc.



My best most powerful lesson I am practicing is honoring myself and my intuition- MY WISDOM VS external wisdom. Thank you Beth Danowsky Basham for helping us be free -to mindfully and intuitively eat and thus live! ❤️

Like · Reply · 2m

 August 28 at 9:28 AM · 🌐 ⋮

Coming to the end of my six months with this course. I have learned so much and have felt so supported because of all of you! Food no longer rules my life, I was just thinking that in 2018 I devoted an entire journal to what I ate how I ate and how I exercised. What a waste of time and energy. This is my new normal for the rest of my life!

    and 5 others 5 Comments Seen by 31

 Like  Comment

STILL NOT CONVINCED?

RESULTS MATTERS!

(SCREEN SHOTS FROM OUR SURVEYS & EMAILS)

This course changed everything for me! I've been on a diet since I was 8. I didn't know what it looked like to eat for health and happiness. I didn't even know that could be a goal! Beth showed me that the diet mentality was holding me back from real health! I have learned new habits that are creating a scorching, efficient metabolism and are moving me toward a healthy, beloved body! I've gone from shoveling garbage into my body to silence my scary emotions to listening to what my body really and truly needs and wants. I have become healthier, saner, and have actually lost quite a bit of weight! I cannot recommend this course enough!

I have struggled with weight and diet all my life. Nothing ever appeared to "fit" me. I read about 1E years ago and thought, wow that makes so much sense but on I went to another diet and 20 more years of struggle. I am off the roller coaster, I am off the wheel and it feels amazing. My body, mind and spirit are finally in sync wanting the same thing. Beth's course is spot on. Touching on so many pieces of the puzzle. Identity, past, emotions, nutrition and so many other points we all have gone through. Thank you Beth, I am emotional as I write this because you rescued me from a lifetime of disappointment.

Very different. A little shaky that it might not "stick" but deep down I know it will. It's just part of where I am in my life. This is the perfect time for this transformation and it was no accident that you came into my path.

I am much more loving to my body and now view nutritious foods as self-care rather than a punishment for ugly fat.

I really liked the heart lesson. But I also liked the information about emotions and eating. This gave me a lot to think about. Your expertise and the resources you brought in were fantastic. I still plan to watch more of the bonus sections. Your experts were an excellent addition. Great stuff!

Beth and her Peace with Food and Soul program are absolutely amazing! I came into the program with sole intention of revising my diet and my relationship with food. After 6 months of Beth's coaching, I have transformed my LIFE! Her program starts with a foundation of examining your identity and reprogramming your habits. In my opinion, it is the most powerful part of the program. Who you are on the inside determines your life on the outside! As a direct result of the work I've done with Beth, I've been able to shift habits and make changes in my job and other aspects of my personal life that I never would have even considered when entering her program. She truly helps facilitate peace with food AND soul. - Julia L.