

The background of the entire page is a soft-focus photograph of a sunset or sunrise, with warm orange and yellow light filtering through clouds. In the center, a pair of hands is shown from the wrists up, with the fingers curled to form a heart shape. Overlaid on this heart shape is a large, intricate mandala. The mandala is composed of many layers of geometric and organic patterns, rendered in a light, ethereal purple and blue color. The title text is positioned over the upper half of the heart and mandala.

# *Peace with* **FOOD & SOUL**

## **PROGRAM BROCHURE**

*THINGS TO REVIEW BEFORE YOUR CALL!*

# THINGS TO REVIEW

*Before your call*

We appreciate your interest in working with Beth Basham and the Peace with Food & Soul (PWFS) team to reprogram your relationship to food and body.

Ultimately, the purpose of the call is to see if we can help you.

If we believe you would be a good fit for the program, then we will show you what we can do for you, based on your specific situation, and then you can decide whether or not you want to become one of our successful students.



At this point you're most likely asking yourself "Will this work for ME?"



While Beth does have limited private, high-level one to one coaching available, most people start with the Peace with Food & Soul coaching program. To further help you make a decision about PWFS, we have included several videos below that address common questions and concerns, reviews from students, and frequently asked questions (FAQ).

Whether or not our programs will work for you will be determined on the call after we ask you some deeper questions, but you will get more out of the call if you review these videos prior to speaking with our team!

*Peace with*  
**FOOD AND SOUL**

## About me



### BETH BASHAM MS, RD, LD

FOUNDER AND CREATOR OF  
PEACE WITH FOOD AND SOUL

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 17 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.

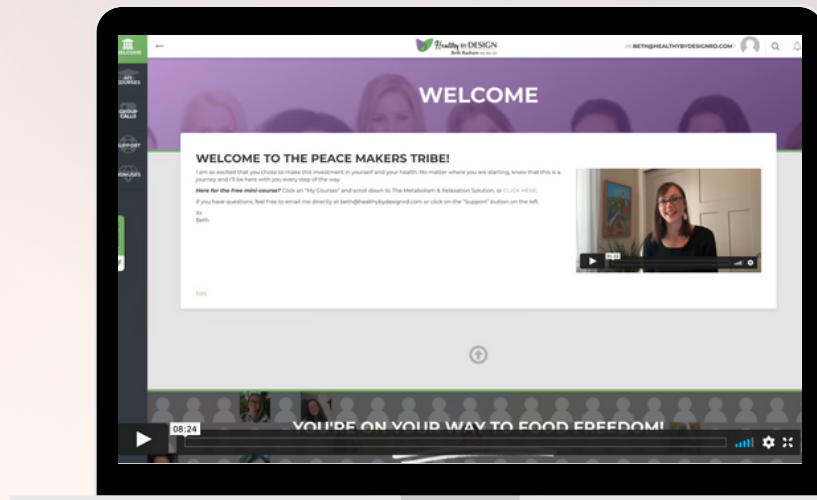
Around 2010, Beth started to struggle with her own health and was unable to find the answers within her conventional training as a dietitian. No matter how hard she tried to be healthy, she found herself exhausted and gaining weight despite a vigorous exercise routine and cutting calories. Her struggles 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 the 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 as they have never experienced before.

Peace with  
FOOD AND SOUL

# WHAT'S INCLUDED IN PEACE WITH FOOD AND SOUL?

## SEE WALKTROUGH OF THE PROGRAM DASHBOARD



**IF YOU HAVE YET TO BOOK YOUR FREE ONE-TO-ONE STRATEGY CALL WITH MY TEAM, THEN [CLICK HERE TO SCHEDULE IT NOW.](#)**

## HOW TO PREPARE FOR YOUR CALL

WATCH THIS TO GET THE MOST OUT OF YOUR TIME

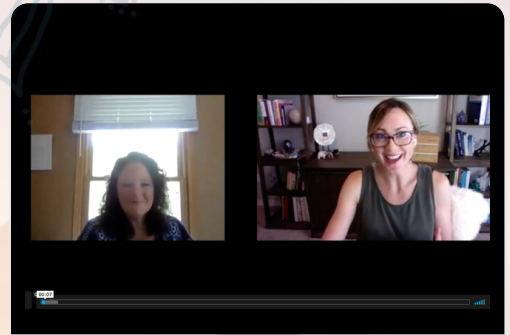


# CLIENT TESTIMONIALS

**LISA'S REVIEW OF PWFS**  
CLIENT TESTIMONIAL



**VANYA'S REVIEW OF PWFS**  
CLIENT TESTIMONIAL



**ABRIEL'S REVIEW OF PWFS**  
CLIENT TESTIMONIAL

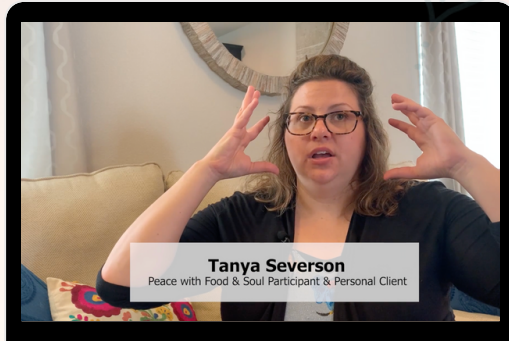


**ELIZABETH'S REVIEW OF PWFS**  
CLIENT TESTIMONIAL



# CLIENT TESTIMONIALS

## TANYA'S EXPERIENCE IN PWFS CLIENT TESTIMONIAL



**Tanya Severson**  
Peace with Food & Soul Participant & Personal Client

## JO'S KIND WORDS CLIENT TESTIMONIAL



**Jo Underwood**  
Integrative Life Coach & Client of Beth Basham MS, RD, LD

## RACHEL'S REVIEW AFTER A 4-WEEK COURSE CLIENT TESTIMONIAL



# 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



**Beth Danowsky Basham** 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



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



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



39:42

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

Love · Reply · 2h



*Peace with*  
**FOOD AND SOUL**

# 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

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

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!

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!!

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

 **Eileen O**

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


 This is the first holiday season that I have not felt anxious about making Christmas cookies. Excited about making them, and not afraid that I'm going to eat all of them! Beth, you have changed my life. ❤️

Like · Comment

 Write a comment...

 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!

 [redacted] comments **Beth Basham MS, RD.** ...  
January 12 at 8:38 AM · 🌐

Beth's Peace with Food & Soul program has helped me find peace with my body—something a lifetime of dieting never could. She is a wealth of information, tools and resources all provided with kindness and compassion. She encouraged me to go deeper and deeper still, to get to the heart of my identity and how I am choosing to be in the world. Her program is truly life-changing and she leads with kindness and care.

👍 Beth Basham MS, RD 1 Comment

👍 Love 💬 Comment ➦ Share


 [redacted]

Heather PLEASE explore Peace With Food and Soul that **Beth Basham** mentioned. It has changed my life.

Like Reply 15h 2

As far as how you feel about yourself and how you look, that is a process that takes inner work of a kind that you will not find in the intuitive eating book. For that work, Beth and Tammy are key.  
(sorry, I hit enter before I was done typing)

Like Reply 17h Edited 4

 [redacted] recommends **Beth Basham MS, RD.** ...  
January 12 at 4:59 PM · 🌐

I have been a part of diet culture for all of my adult life- one program after another: Jenny Craig, WW, Nutri System, doc programs with weigh ins, shots, their exclusive foods, and every diet supplement under the sun! Oh yes- I lost weight and was still miserable. But not as miserable as every time I gained it back and then some! Beth's program has changed my life- folks, THAT is serious business -and I am only half-way through! I have learned so many strategies- the least of which has been to figure out WHY I eat the way I do. I have been encouraged to dig deep within and been taught the ways to do so. I AM AT PEACE with myself in the mirror and ALL of my relationships are better and healthier. All because this program has gently guided me to my true self. I am so grateful I gave up on diets and discovered this program. I look forward to living this way the rest of my life. I am a changed person regarding food AND my heart! I ENCOURAGE you to check it out. It can change your life too. Oh to have back all the money I wasted on broken ways to like myself...

👍 Beth Basham MS, RD 1 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.

A large, faint, light purple mandala is centered in the background of the top half of the page. It features intricate geometric patterns radiating from a central point.

## STILL NOT CONVINCED? RESULTS MATTERS! (SCREEN SHOTS FROM OUR SURVEYS & EMAILS)

I had been struggling with all aspects of self-care - including food - since Coronavirus hit the U.S. and I moved in with elderly parents to help them get through it. I knew I needed to reach out for help.

I joined Peace with Food and Soul after reading the book on Intuitive Eating, by Evelyn Tribole & Elyse Resch. The concepts were so intriguing to me, so different than I'd ever come across before.

As a member of the group, I've learned and been able to implement many of the methods introduced - first and foremost to ditch the "diet mentality" that's culturally ingrained in us, the counting of calories and points, etc. I've learned what it means to eat mindfully, to follow my hunger cues, to be curious about my relationship with food, and so much more. There could never be better guides to help us on our journey than Beth, Tammy, and Aparna. They each have special and nurturing ways to help us find peace with not only food but soul, which we learn are intrinsically related.

I recommend PWFS to women who are tired of spending so much time on the diet roller coaster and are ready to learn something new, a way to feel happy and healthy in their bodies (whether that results in weight gain or loss) - and to free themselves to focus on other important aspects of their lives.

~Lisa

# FREQUENTLY ASKED QUESTIONS ABOUT

*Peace with food & soul:*

**Q: What makes this program different than others out there?**

A: To our current knowledge, there are no other courses/programs out there that offer this type of support and transformational knowledge. This is not your typical coaching or intuitive eating program. We dive DEEP into what has gotten you to the point you are at and we literally help you reprogram this using tools such as subconscious reprogramming, EFT/Tapping, CBT, and nervous system rebalancing.

**Q: How much time does this program require of me?**

A: Your results will be reflected by the amount of time and energy you put into your own transformation. We all make time for what's important to us but the program has been designed with the adult learner in mind and can be done at a pace that is comfortable for you. The most important time investment is in the actual group or private coaching which may involve up to 90 minutes/week.

**Q: Is this program covered by health insurance?**

A: The level of support and education provided by this program exceeds that which would be eligible for insurance coverage, so unfortunately this is not an option for our clients. In addition, this is a mindset program (not a nutrition education program) and will completely revolutionize the way you look at food, body, and life in general. Insurance does not currently cover this type of work (even though we wish it would!).

# FREQUENTLY ASKED QUESTIONS ABOUT

*Peace with food & soul.*

**Q: Do you offer a guarantee?**

A: Don't make the decision to invest in yourself before starting the program. Participate fully in the 6-month program by showing up to 75% of the coaching calls live and completing all of the online coursework. If you are not a different person at the end of the time and feel like you got nothing from the program, we will give you a 100% refund. How's that for a guarantee?!

**Q: Is this a course? A coaching program? What?**

A: Peace with Food and Soul is a coaching program that comes with a signature online course as well as several bonus courses and highly supportive materials to enhance learning. You will use the curriculum to foster your learning and development throughout our time together. The weekly live coaching calls help you take what you learn from the courses and translate it in your life so you can ultimately feel better with food and body.

**Q: How much support will I get from this program?**

A: Beth and her team care about you and supporting your journey and we have done our best to create a container that provides you with all of the support you need to see big change in your life. Between coaching calls and email access, we guarantee you won't be the same person at the end of the 6 months! In fact, many of our clients don't even recognize themselves.

**Q: How much does it cost?**

A: We've been doing this work for a long time and know that it's not a matter of cost, but a matter of VALUE for a woman looking to join the program. In other words, you want to see results, right? What we find is the highest service to you, is to have you schedule a call and fully understand what you need. Once we're on the same page, we fully cover investment options and answer all your questions.

# FREQUENTLY ASKED QUESTIONS ABOUT

*Peace with food & soul:*

Q: Who is the best fit for the program?

A: A woman who watches Beth's training and resonates with the message is likely going to be a good fit for the program. She is tired of dieting but struggles with common things such as overeating, feeling obsessed about food, and does not feel comfortable in her skin. While the type of woman in the program can vary, she often encounters these common themes.

Q: Is Peace with Food & Soul for me?

A: The only way to be sure that this program is a fit for you and that you are a fit for this program is to [book a call](#), attend the call, and our team will evaluate your situation and see if we can help. We will absolutely not sell you anything unless we believe you will get a massive return on investment. Our success rate is high for those who attend the calls and use the program - the reason for this is simply because we only work with people we know we can help. And the only way to know that is to jump on a call with our team.

We look forward to speaking with you!

*Beth Basham*



*Peace with*  
**FOOD AND SOUL**