

Welcome to the 3-day online retreat

3 Keys to Becoming Empowered

so that you can find...



Peace & Joy

UPLIFTING YOUR

FOOD, BODY, & LIFE

Table of **CONTENTS**

1 *Welcome!*
So glad you are here! Vibrant health has little to do with WHAT or HOW MUCH you eat

2 *Meet your hosts*
Beth & Tammy briefly share how they have struggled just like you.

3 *Break the cycle*
Make the choice to break the cycle or stay where you are.

4 *3 keys to Peace & Joy*
Not only is this possible for you, it is your birthweight.

5 *Day One*
Reflect and reprogram your brain to be your future self.

6 *Day Two*
Develop deep self-compassionate eating and body gentleness.

7 *Day Three*
Cultivate self-awareness and effectively cope with emotional eating patterns.



**So glad you are
here with us!**

Chapter 1 **WELCOME**

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

But you know what? Don't take our 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 us ask you...

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

You're exhausted, you feel overwhelmed and stressed by it all - you are so over dieting 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?

Take a few minutes to reflect on how you feel about this and what you hope to gain during our time together...

Chapter 2 **MEET BETH**



FOOD & BODY FREEDOM COACH

From Defeated Dieter to Empowered Eater: Beth's Story

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.

Be sure to join us live to find out how!

Chapter 2 **MEET TAMMY**



From Defeated Dieter to Empowered Eater: Tammy's Story

I am a woman who has been where you are... I was disgusted with what I saw in the mirror and I desperately wanted to use food to change me. I counted calories and attempted to control through will power like no other, not only for my body size but also for my skin health.

I thought I just needed to learn more and I thought if xyz could happen, I would finally be truly happy.

I wanted to make food, my body, others, or even my situation responsible for how I was feeling. I was feeling depleted and completely defeated.

I was running on empty... giving, giving, and giving more to others, but rarely myself. I paid no real attention to my overall wellbeing and unconsciously ate on autopilot.

But then life stopped me in my tracks and I was forced to look at my health. While discovering what my body needed to physically feel better, my diet culture brain that I thought was gone was reactivated like a force of nature, and the mental warfare was heavy.

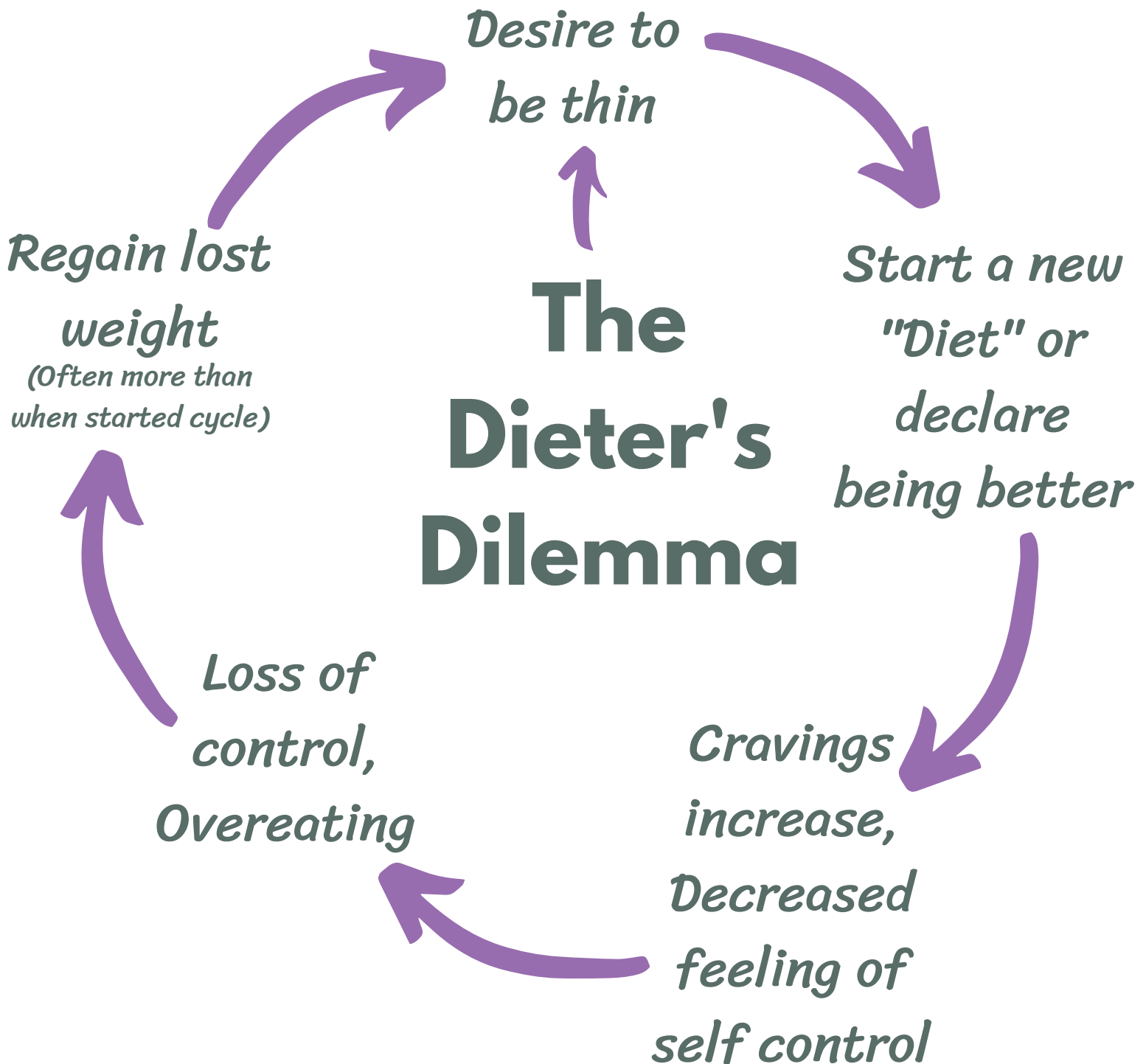
I was obsessed, committed to doing all the things, but then would go into a puddle of goo when getting on the scale and not seeing what I wanted, what I expected. And then I would rebel.

Finally I got rid of that meaningless piece of plastic and have discovered how to not only still be giving, but I have now learned the balance I needed to awaken joy & pleasure with my food, my body, and my whole life.

Be sure to join us live to find out how!

Chapter 3 *BREAK THE CYCLE*

Tell us... does this sound familiar?



Chapter 3 **BREAK THE CYCLE**

The reality 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.

We get it! As previously mentioned, we've been there... obsessed with the scale, striving to eat "right", all while doing yo-yo with our weight and feeling disgusted with the image in the mirror.

If you're like most women we 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 or vowing to do better tomorrow, 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, what 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.

Can you imagine that?

Chapter 3 **BREAK THE CYCLE**

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 more empowered eater who lives in peace and joy with food and her body.

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 living more peacefully now and full of joy! Finally FREE of the chains of diet culture...

And this is all because you took the time to discover these three keys and implement them in your life...

Three Keys to open your life to peace and Joy... not only with food and body, but with all aspects of your life!

The choice is in your hands.



OR



You can keep doing what you're doing... You can continue to live by circumstance and accept the fate of hating your body and never knowing how to eat, resulting in defeat, confusion, sorrow, & grief.

You become empowered to love the skin you're in, feel confident with your food choices, and discover how peace & joy is always available to you.

Are you done worrying, counting, and obsessing?

Chapter 4 PEACE & JOY

We'll show you exactly what you must consider for your ultimate success and results.

Peace and Joy with food and body is available to all... not just those who live in a body that society has deemed "acceptable". It's your birthright to be FREE of food concerns and live in your unique body at its healthiest, inside and out.

We are going to spell out the steps you need to take in our training together to have this for yourself, but let's first define where we are leading you...

Walk through the door to enlightened & empowered eating...



What does an Empowered or Enlightened Eater look like?

- Attuned to her personal body cues and signals for hunger & fullness
- Trusts body to self-regulate food intake from day to day
- Accepts current body & experiences confidence in her own skin
- Feels internal motivation for making healthy choices and is no longer influenced by external forces (diet voices, family members, pictures on social media, etc.)
- Doesn't think about food anymore outside of nourishment and enjoyment of it in the moment
- Food is viewed as pleasurable and makes her feel good
- The desire for dieting is GONE for good
- In charge of emotions and understands the reasons for emotional eating so she can take action when needed

You don't have to do this alone (nor should you!)...

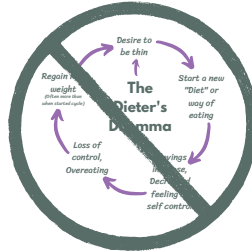
At the end of the training, we will share with you how to leverage community and professionals that will get you there much faster so you can stop wasting so much time and money doing it yourself.

But, first, let's get to the roadmap for your inevitable success!

3 KEYS

Let's dive into your Roadmap!

No more
dieter's dilemma!



Instead...



1
Reflect and reprogram your brain to be your future self.



2
Develop deep self-compassionate eating and body gentleness.

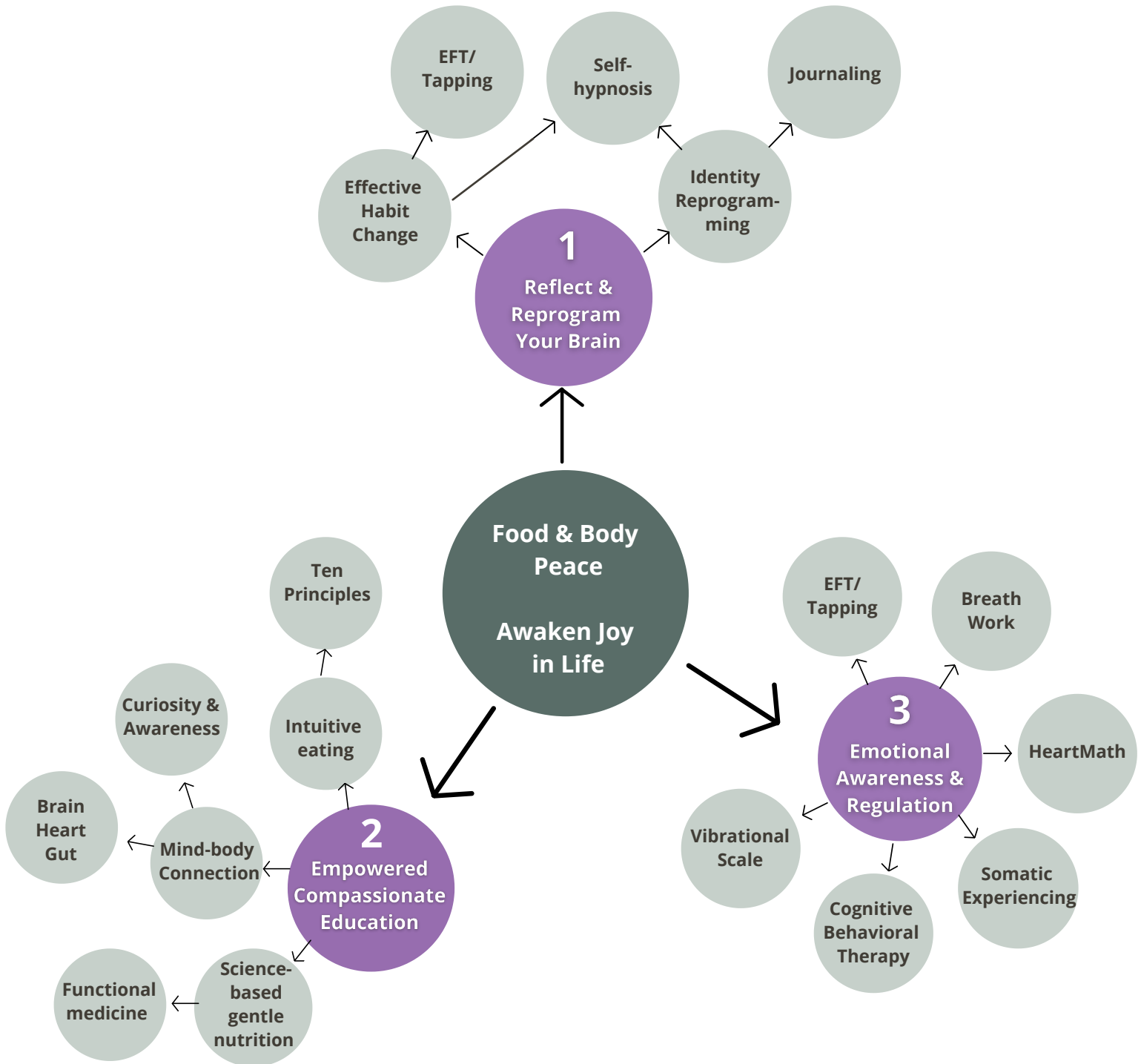


3
Cultivate self-awareness and effectively cope with emotional eating patterns.

Identify emotional needs, gain confidence, and connect to self-trust



A visual detailed overview



A descriptive overview

1. Reflect & Reprogram Your Brain

This is unlike anything you've ever harnessed before, the first key to empowered eating lies in the reprogramming of your brain. Many women fail to apply the knowledge they discover in Key #2 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 #2 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
Reprogra
mming

Effective
Habit
Change

2. Empowered Compassionate Education

Whether you are familiar with intuitive eating or not, it is a critical key to becoming an empowered eater. As I mentioned, we are not like other dietitians or nutritionists teaching intuitive eating and bring in a 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, body, & life. This framework is NOT to justify eating anything you want at anytime 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

3. Emotional Awareness & Regulation

The third key is all about learning how to cultivate awareness and 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 #2 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

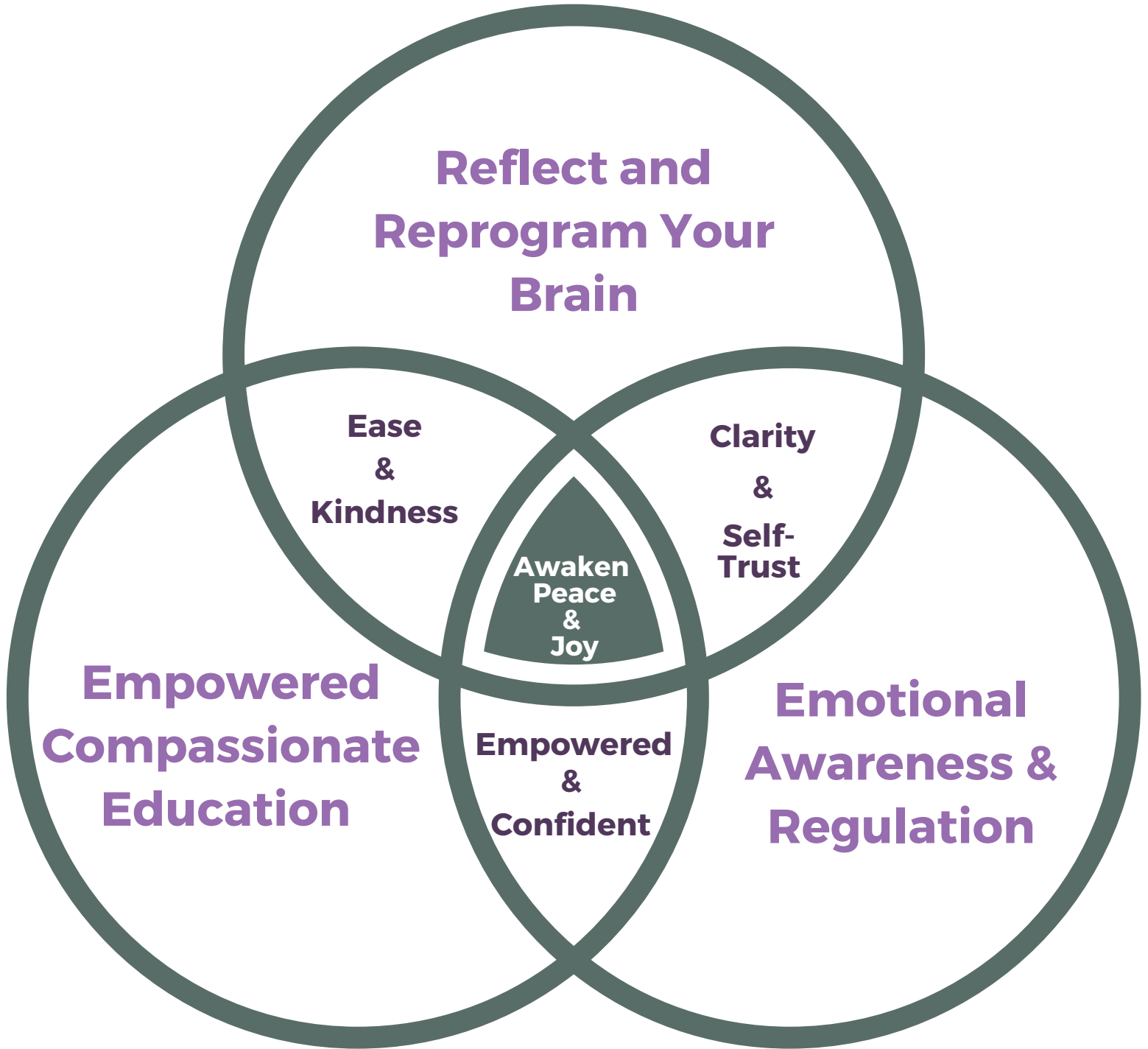
HeartMath

Vibrational
Scale

Somatic
Experiencing

3 KEYS

A big picture overview



Reflect & Reprogram your Brain

Importance of Reflect & Reprogram

What is my identity?

What subconscious habits am I now aware of?

Transformational Takeaway

Who would I be, what would I do, and how would I feel if I already had _____?

For a chance to 1 of 3 prizes, take a picture of this page when you are done with it, and post it on our Facebook Group Prize Thread by Monday 3/7/22.

Empowered Compassionate Education

What stage of intuitive eating am I in and why?

What myth of intuitive eating do I need to let go of?

Where could I be self-compassionate with myself?

Transformational Takeaway

What does attunement look like to me when I think about all parts of my body _____?

Reminder: For a chance to 1 of 3 prizes, take a picture of this page when you are done with it, and post it on our Facebook Group Prize Thread by Monday 3/7/22.

Emotional Awareness & Regulation

What is the #1 thing I need to regulate my emotions?

What is nervous system dysregulation?

What tools am I interested in using to support my emotions?

Transformational Takeaway

I am not my emotions because _____
_____.

Reminder: For a chance to 1 of 3 prizes, take a picture of this page when you are done with it, and post it on our Facebook Group Prize Thread by Monday 3/7/22.