

Presentation Series

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Session 1

Change your mind, change your body

- Your mindset is the key to weight loss
 - How do you see and use food?
 - Good food verses bad food- avoiding the trap
 - Know your triggers- learn how to deal with them
 - Developing a healthy relationship with your food
 - Food is personal and serious

Session 2

How the media influences obesity and what to do about it

- How your to weight is tied to media influence
 - How to recognize how you are directly impacted
 - Unconscious programing by the food industry
 - Know how to avoid the restaurant trap
 - Learn to love your kitchen
 - Food is medicine

Session 3

Toxic food- toxic health

- How your food is making you sick and fat
 - How to recognize toxic foods
 - How “healthy” foods can make you sick
 - Diet food and diet soda are making people fat
 - Reprogramming your mind for health
 - A calorie is not a calorie- the big myth debunked

Session 4

How to know if you have an eating disorder

- How to recognize an eating disorder versus disordered eating
 - Eating disorders defined- by AMA
 - Differences between overeating, bingeing, and grazing , anorexia, bulimia
 - Reprogramming- or death or life
 - People can and do recover from eating disorders

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