

Food Cravings

Binge Eating

Compulsive Eating

Weight Gain

Leptin and Insulin Resistance

Neurotransmitter Balance/Moods

Gut health

Hormone Balance

Stresses

Trauma

Nutrient Intake

Emotional self care

Mindful Eating

Enjoyable  
Acceptable  
Sustainable  
Eating

Weight supporting  
Health.

