



Are you unhappy with your weight, body composition, and/or your relationship with food? Do you think: If I could only eat the way I'm suppose to eat, I'd be healthier and happier. You're not alone. What if the way you "should" eat is different from what you've been taught?

Our bodies have natural hunger and satisfy signals that support intuitive eating. When we're constantly dieting and eating highly processed foods, these signals can get jammed. Here are a few tips to get these signals working correctly again:

1. Visualize the kind of eater you would like to be. Imagine working in harmony with your body to eat more intuitively. Many healthy eaters consume nutrient-dense whole foods and very few processed foods. When they consume a dessert, they enjoy every bite because it's not a common occurrence.
2. Stop dieting. When we diet, we are restricting our bodies, therefore our bodies will do all it can to preserve its weight to survive the famine.
3. Kick the Sugar Addiction. Consuming sugar regularly is toxic; it is a highly addictive substance that can lead to risk of heart disease, diabetes, cancer, and Alzheimer's.
4. Eat Real Food. Limit fast foods and processed foods and eat more real foods that are full of nutrients.
5. Ritualize Your Meal Time. Set the dinner table, turn off the TV, focus on what you are putting into your body and how it makes you feel.

We want you to stay healthy and do business with us for a long time!