

## Are you wondering if you're stuck in Emotional And Problematic Eating?

Do You:

Struggle with being uncomfortable how "living" feels in your body?

Bounce from one diet to another looking for the perfect one to give you your perfect body?

Talk out loud negatively about your body?

Exercise a lot to control your weight?

Eat "clean" in front of others but then in privacy binge on your "off limit" foods?

Think you'll finally be happy and "life will be great!" if you could just lose "the weight"?

Feel the size of your jeans or the number on the scale can determine a good or bad day for you?

If you've answered yes to one or more of the above and you feel unhappy and unhealthy where you're at, **I can help coach you** to find freedom around food and your body, by discovering:

- how negative thoughts about yourself keep you in the cycle of restriction and over-eating
- nutrition tips you can start right away to support your health and manage your cravings
- why mindset is SO important and get tips on how to restructure negative thoughts

I encourage you to contact me for a **free 20-minute mini session**, to determine if working together would be a good fit to find **help, hope and courage** for your long term, healthy changes.

Karen Toews RHN

[ketoews@gmail.com](mailto:ketoews@gmail.com)

Holistic Health and Emotional, Problematic Eating Coach

[www.realfoodmatters.ca](http://www.realfoodmatters.ca)