



A New Path to Health, Weight and Eating; *Transform Your Relationship with Food* *& Transform Your Life*

This is a four session workshop designed to show you an alternative way to cut through all the clutter and ‘science’ and conflicting advice around what to eat and what not to eat.

An alternative way through the pain and suffering we feel around our weight, body image, overeating, binge eating, emotional eating, endless dieting, weight hate, and all unwanted food habits.

An alternative way which is beyond the mainstream dietary strategies of; do’s and don’ts, forcing, over-exercising, under-eating and hating your body. This strategy of speaking negatively to our body will never motivate us. That journey can only end up in self-hate instead of self-love.

*Learn how to heal your relationship with food, body and soul.
Learn how to listen to the best dietary expert in the world, the nutritionist inside of **you** – your own body wisdom.*

The results will be: *Lasting relief from eating challenges
Letting go of fear and guilt around food and body
Let go of habits that don’t work for you
Find new habits that do work for you
Understand the importance of knowing your true path
Know and understand the true metabolic enhancers
Learn some new vitamins*

**This workshop is being run by Susan Dowdall CEPC
Eating Psychology / Mind Body Nutrition - Certified Counsellor
► Phone: 0274 525 363 ► Email: susan@thinkactyouwin.com
► Website: www.thinkactyouwin.com**

Private counselling is available. Rates are negotiable. Enquiries welcome.

Session 1 Relaxation & Awareness

The Metabolic Power of Relaxation

“The Slower you eat, the faster you metabolise”

Eating fast = Stress response on = metabolism shut down.

Relax and burn calories, breathe and burn calories, relax and build bones

The Metabolic Power of Awareness

The new Vitamin A = Awareness

More Awareness = Less appetite. No awareness = Body says “still hungry”.

Awareness sparks the chemistry of the body. Digestion begins in the mind.

Awareness = our ability to be awake to what is, and to experience life.

Session 2 Quality & Rhythm

The Metabolic Power of Quality

The poorer the *quality* of our food, the more *quantity* we will consume.

What should we eat? How do we elevate the quality of our food?

Food is energy and information to the body.

The Metabolic Power of Rhythm

When you eat is as important as *what* you eat.

Eat according to the rhythm of the body and the planet.

It is a scientific fact that our body rhythm is in line with the cosmos.

Master rhythm and you master metabolism.

Eat regularly. Balance your macronutrient intake. Have regular rest and regular play.

Session 3 Pleasure & Thought

The Metabolic Power of Pleasure

When you are turned on by food, you turn on Metabolism = a biochemical effect.

Another new Vitamin; vitamin P – Pleasure. It completes the nutritional value of every meal. In the absence of pleasure our appetite actually increases.

Pleasure catalyzes the relaxation response = full digestive force and metabolism.

The Metabolic Power of Thought

The activities of the mind integrate with the biology of the body.

Feel guilty about the food = instant stress in the body.

Healthy habits driven by fear are NOT healthy.

There is no such thing as a *good* food or a *bad* food.

Session 4 Power of Story & Power of the Sacred

The Metabolic Power of Story

Who are we and what's our story?

Our story creates a biochemistry that is a mirror image of our inner world.

There is literally a crowd inside each of us. So who is eating? Yes it matters!

Rewrite our story to actually transform our health, digestion and calorie burning.

The Metabolic Power of the Sacred

Every *feeling* has a molecular correlation.

We have at least eight sacred metabolisers in the body – they are our *feelings*.

If we feel our feelings only partially, our soul is undernourished and our body is robbed of nutrition.

A surprising truth (yes researched) about excess weight and the Sacred.

Sacred foods and the wisdom of the body.

- This workshop is designed to be interactive and there will be plenty of time for questions.
- Comprehensive hand outs will be given for each session.
- Dates: Session 1 Tuesday 9th October 2018
Session 2 Tuesday 16th October 2018
Session 3 Tuesday 23rd October 2018
Session 4 Tuesday 30th October 2018
- Sessions times: Morning – 10.30am to 12.00pm Evening – 7.30pm to 9.00pm
- Note: The workshop sessions are planned to be at 2 times per day - available to those who work and those who don't work and would prefer to come along during the day.
However it is possible there will be only one of these sessions available - to be confirmed. This will be dependent on the numbers registering. Everyone registered will be notified promptly.
- Venue: To be confirmed, dependent on numbers registered. Everyone registered will be notified promptly.

Name:.....

Phone:.....

Email:.....

Preferred Session Time (circle one): **Morning** or **Evening**

Workshop Cost: \$40 per person. Covers all 4 sessions.

Payable prior to commencement to our bank account. Or on arrival at the first session.

Bank details: Will be sent by email after receiving your registration request.

Receipts will be available on request.

To register: fill out this form, scan and email to susan@thinkactyouwin.com

Or send us an email using the **contact form** on the website. Or phone us on **0274 525 363**