



Evolve Beyond Emotional Eating

12 weeks to Keep Extra Weight off During the Holidays and Beyond.
Just like the Phoenix, EMERGE as a NEW YOU!

BURN		EMERGE WITH
Emotional Triggers that get you unconsciously stress-eating, binging, and gaining weight.	➔	Freedom and peace in situations that used to cause you anxiety, sadness, guilt and shame.
Eating crap because you're hangry, short on time, or want to be social	➔	A plan and habits for easy food prep & meal planning for a busy life, holiday events, and even travel.
Negative self talk that keeps you feeling judged and unworthy	➔	A kinder, gentler inner voice and with the ability to more easily get out of mental loops that would've had you midnight binging before.
Getting off track because of your reaction to the haters who judge how you choose to take care of yourself	➔	Able to set boundaries with assholes while honoring your own needs.
Excuses for not prioritizing yourself the way you know you deserve in your life	➔	New healthy habits that fit your busy life that make you a priority, and reduce stress and uncomfortable emotions that would've previously had you eating to cope.
Cravings for foods that you binge on and regret eating later	➔	Freedom from your #1 craving after a private Craving Elimination Session

For dates, times, investment & to sign up, contact Liza Lomax at:
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