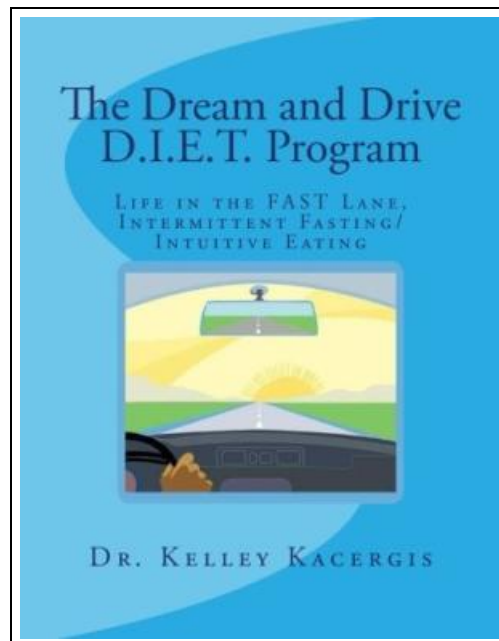


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The Dream and Drive D.I.E.T. program focuses on the benefits of Intermittent Fasting with the freedom of Intuitive Eating. If you have been on a diet rollercoaster, hit plateau after plateau or suspect you may have food intolerances, then the Dream and Drive Program may be just what you've been searching for. In this program, D.I.E.T. means Do I Enjoy This?, so we don't only address losing weight, but FEELING GREAT in the process! We teach you how to tap into the power of your intuition to see which foods work for you or against you when it comes to your weight. We also give you 4 choices: The FAST LANE, CRUISE CONTROL, EASY STREET or THE FREEDOM TRAIL that you can mix and match depending on where you are in your journey. If you are sick and tired of food rules, making the food behave, being disconnected to your body or just want to learn more about what works for you, then it's time to get in your driver's seat and create the body and life you love. Are YOU ready to Dream and Drive? Buckle up, I'll show you how! This book is a compilation of two of my favorite philosophies on health and weight loss. I respect the authors of the original work, therefore, I chose not to reinvent the wheel, but to combine the two philosophies into a program that I teach in my private practice. It includes a list of foods that commonly cause inflammation and weight gain, what questions to ask yourself before you pick up your fork and daily practices on how to combine the two bodies of work that will...



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