Has eating to numb out your feelings become a normal way of life?

Discover a fool-proof way to break the emotional eating cycle for good!

“Ugh! What have I done?” I asked myself, staring at another empty chip bag. Not again!

You got up this morning with the greatest of intentions. Today was the day you promised yourself you were not going to eat every time you felt frustrated, overwhelmed, discouraged, stretched too thin etc, etc.

But life happened again.

You came home from work feeling overwhelmed, exhausted, stressed out ... like you do almost every day. You needed to sit, relax and regroup after the long day at work, but who has time for that?

You open the refrigerator door to start making dinner with every intention of fixing something healthy, only to discover you don't have what you need on hand. Too tired to go to the store, you end up settling for some chips & queso. Not really paying any attention to how much you’re eating or when you’re even full.

What little time you have in the evening, you spend racing around the house trying to accomplish everything on your never-ending to-do list. Only to find yourself reaching for another handful of chips or a chocolate chip cookie to reward yourself with a little break every time you pass by the kitchen.

The cycle doesn’t end until you drop into bed, exhausted and frustrated that it happened again.

It doesn’t matter if you are overwhelmed, frustrated, anxious, bored, or confused; the result is the same. You eat to take your mind off your problems and to try & feel a moment’s peace.

But, you also eat to celebrate all the beautiful things in life God blesses you with as well!

Let’s face it, every emotion, good or bad, can make you start reaching for something to eat or drink again.

Once you start eating for the day, you can’t stop; you just can’t say no, then you feel guilty and frustrated with yourself, and the cycle starts all over again. You just can’t seem to break the pattern.

What can you do to crack this never-ending emotional eating cycle?

If you're like me, you've promised yourself -

- I *will* have more willpower tomorrow.
- I *won't* buy any more snacks next time I am at the store.
- I will only have *one* cookie tonight.
- I am going to start on the latest and greatest "Diet Du Jour" Monday morning.

Despite all my efforts and countless diet gurus' advice, I couldn't keep any of those promises I made to myself. **I was tired of feeling helpless around food and was desperate for something different!**

Since restricting food wasn't working for me, I knew it was time to stop the restrictions. It was time to stop punishing myself for overeating with exercise. It was time to let go of all the self-hate, self-shame, and self-blame. **It was time to step back and get to the root cause!**

What did I really want or need in those moments? 99% of the time, it wasn't food or even something to chew. It was peace in my heart. And where does that come from? God. A relationship I simply did not make time for in my everyday life. However, it was the one thing that I hadn't tried yet. It seemed like the best place to start.

It wasn't easy, I had put God on the back burner for a long time.

Yet, the more I connected with God throughout my day, the more I began to feel safe and secure at the moment. The easier it was to tap into and receive God's peace and I quit reaching for food.

I stopped shaming and blaming myself for the lack of willpower. When I was tempted, I turned to Jesus, the Bread of Life.

Feeling centered and grounded in God, I didn't feel the need to give in to all those cravings. I was finally able to tune into and listen to what foods my body needed to thrive. **I was finally able to stop the emotional eating cycle and feel emotionally secure at the moment without needing something to eat or drink.**

As my personal success started taking hold, I shifted my attention to learning and understanding as much as I could about emotional eating.

I discovered how God designed our brains and bodies to survive famines and other threats to our survival. How food companies prey on that concept to boost sales of their products. How we have been conditioned by society for generations to equate food with love, comfort, safety, and security.

I also found out I wasn't alone! Almost everyone struggles with emotional eating at some point!

I learned how we can use our Christian faith as the basis for shifting our mindset about how we approach food, our bodies, and our health. **I finally discovered how to stop feeding my fears and stuffing my emotions.**

As a bonus, I finally was able to lose some extra weight! I've also been able to maintain it! I know you can make this shift and free yourself from your emotional eating patterns too!

That's why I'm thrilled to share this exact formula with you in my new course…

Freeing Yourself From Emotional Eating

Freeing Yourself From Emotional Eating is the perfect program for busy Christian women who want a **stronger connection to God** and a framework to **stop the emotional eating** cycle for good.

Perfect for women who feel overwhelmed with life's demands and seek inspiration to pray often, eat well, move more, and free themselves from the control food has on your life.

You will learn how to -

1. Infuse time for yourself and God into your busy schedule without feeling guilty.
2. Tap into God's peace so you don't turn to food during the emotional ups and downs of the day.
3. Understand how today's marketing messages from food companies can impact your choices so you can take back control of your eating habits.
4. Recognize how past generations used food and how that impacts your relationship with today, so you can break the cycle of emotional eating.
5. Discover the root cause of why you reach for food when you're not truly hungry and the steps you can take to overcome it.
6. Learn how to simplify your cooking routine so that eating well is something you look forward to instead of adding more stress to your life.

What's Included:

Module 1
Five Steps to Stop Emotional Eating for Lasting Results

This video outlines the steps you need to take to interrupt the emotional eating cycle and rewire the circuits in your brain, so you don't have to turn to food to get that momentary sense of peace.

Walk away with…
Specific strategies you can use to free yourself from emotional eating once and for all

Module 2
How Your Brain is Wired to Crave Comfort Foods

In this video, you will learn how your brain is wired to crave comfort foods, which work with your survival instincts to keep your body alive but not actually nourished.

Walk away with…
An understanding of how our survival instincts and the stress response impact our food choices so you can make food choices that allow you to thrive, not just survive.

Module 3

Why Food Companies are NOT your Friend

In this video, you will discover how food companies prey on your survival instincts with their marketing messages and target your sweet spot.

Walk away with...
The ability to outsmart their tactics and make your own smart choices.

Comprehensive Workbook

Free Yourself from Emotional Eating in 30 Days

This workbook provides you with the steps and resources necessary to quit caving to your cravings and free yourself from emotional eating.

Inside you'll find:
-Worksheets to accompany the videos
-My Menu Planning Guide to ensure you have everything you need to eat well on hand
-30 days of journal prompts with space to write as you not only track your progress but tap into the Fruits of the Holy Spirit, namely peace and self-control for long-term success as you free yourself from emotional eating for good!

Walk away with…
A clear path to help you harness the spirit of power and love and self-control as you eat well to nourish the Temple God blessed you with.

Printable Checklist
5 Steps to Overcome Your Cravings in the Moment

This checklist is a simplified version available for you to use at any time to guide you through the five steps and stop emotional eating in its tracks.

Guided Meditation
Freeing Yourself from Emotional Eating

A downloadable audio file to listen to from any device

Bonus #1
Learning to Love Your Perfectly Imperfect Body

Guided Meditation audio file to help you embrace, love, honor, and respect the amazing Temple God blessed you with.

Bonus #2
Quick and Easy Comfort Food Swaps
This handy little printable guide to help you stop those cravings by swapping them out for something you won't regret later.

Bonus #3
*Pray, Eat Move Habit Tracke*r

This printable PDF file will help you stay on track with the new habits that you are creating. It will serve as a reminder, as well as help you celebrate success.

Bonus #4
Membership in the Pray, Eat, Move Transforming You Facebook Group

Join this group of amazing women who can provide encouraging and supporting accountability as you end the emotional eating cycle. Learn what works for others, as well as be a spark of inspiration to those who need it.

Testimonials

"Julie's voice is so soothing, so relaxing to listen to. Her meditations immediately calm my body, mind, and spirit, allowing me to relax at the moment." Mary P.

Julie's voice is so easy to listen to. She has a natural gift for explaining things in easy-to-understand terms. She knows how the body works and knows how important a strong connection to God is to our overall health." K.S.

Our Good Faith Promise

If you go through this course and are -

- Still unable to change your emotional eating habits, you deserve your money back.
- Unable to see how the food industry impacts your food choices, you deserve your money back.
- Struggling to make your connection with God a priority in your life, you deserve your money back.
- Unhappy in any way within 30 days of purchase, you deserve your money back. Contact XXXXXXXX@XXXXXXX.com for a full refund.

Frequently Asked Questions

How long will I have access to this program?

You will have unlimited, lifetime access to all the materials, including the videos, guided meditations, checklists, workbooks, and printable PDFs. You can review the materials as often as you wish.

I don't have a computer, only a smartphone/tablet, etc. Will I still be able to access the information?

Yes! Everything in the program is accessible via most devices. The meditations are also on YouTube, so wherever you can access the internet, you can access this program.

Do I have to print out the workbook or other printable files?
Not if you don't want to. You can use your own notebook or journal to record your responses, take notes or jot down your thoughts. You can also handwrite your own checklists or food swap lists, using the printable documents as a guide.

I know a friend who would really benefit from this program! Can I share this registration link with them?

Absolutely! Feel free to invite whoever you believe may benefit from this program to sign up!

Food and the choices you make are part of life! Sure, you could wait until next month, after the holidays, or until the new year, but then you would have even more days, weeks, and months of food controlling you. Isn't it time you took control?

If you are ready -

- To be relaxed around food.
- To be able to feel all the emotions of the day without finding it necessary to turn to food to cope.

- To enjoy a bite of something special without feeling the need to eat the whole thing.
- To feel satisfied after eating a well-balanced meal.
- To maintain a healthy weight.
- To live a happy, active, vibrant life that God is calling you to live.
- To feel the peace in your heart God wants you to have.
- To take back the power food has over you.

Then make the choice to stop letting food control you today! Sure, you could wait until next month, after the holidays, or even the new year. But why continue to let food and your crazy life win?

It's time for you to take control of your life!